



Athlete from both corner will be called in to give "Hormat" to the Competition Chairman



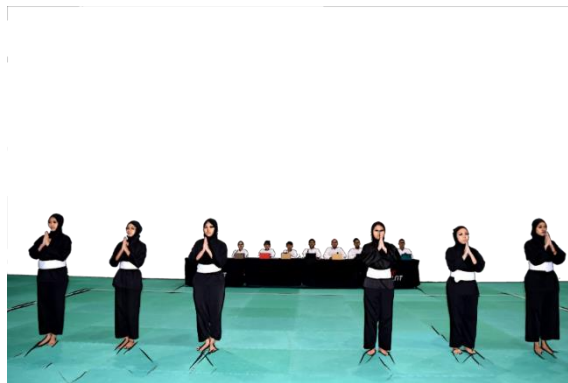
Athletes from both corner will give "Hormat" to each other



Athletes from both corner will give "Hormat" to the Juri



After giving the "Hormat" both athletes will step out from the arena.
Athlete from the Blue Corner will showcase its performance first. Followed by Athlete from Red Corner.



Athlete from both corner will be called in to give "Hormat" to the Competition Chairman



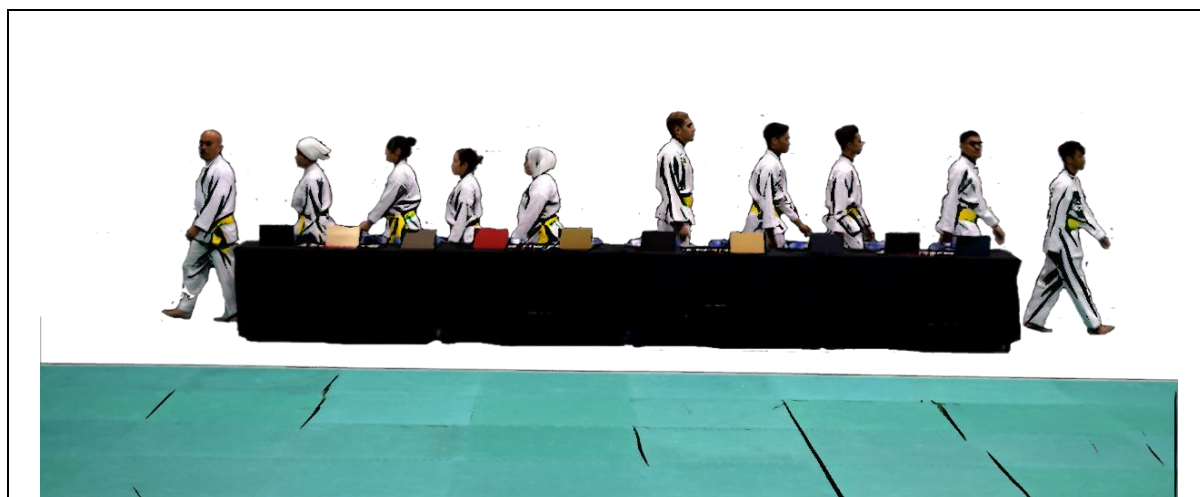
Athletes from both corner will give "Hormat" to each other



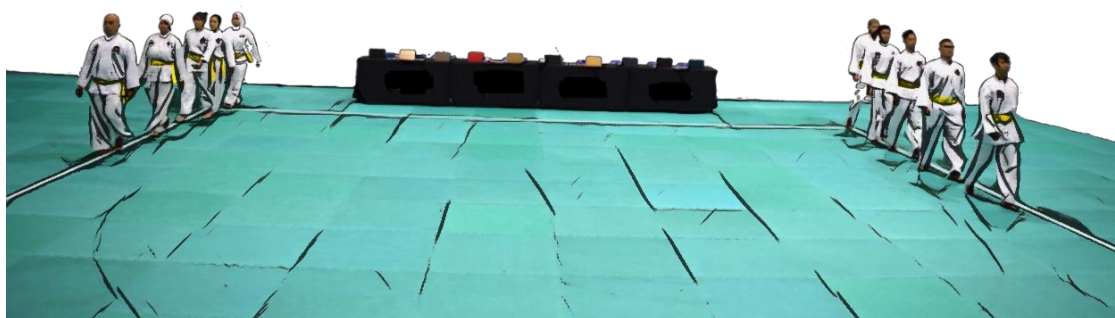
Athletes from both corner will give "Hormat" to the Juri



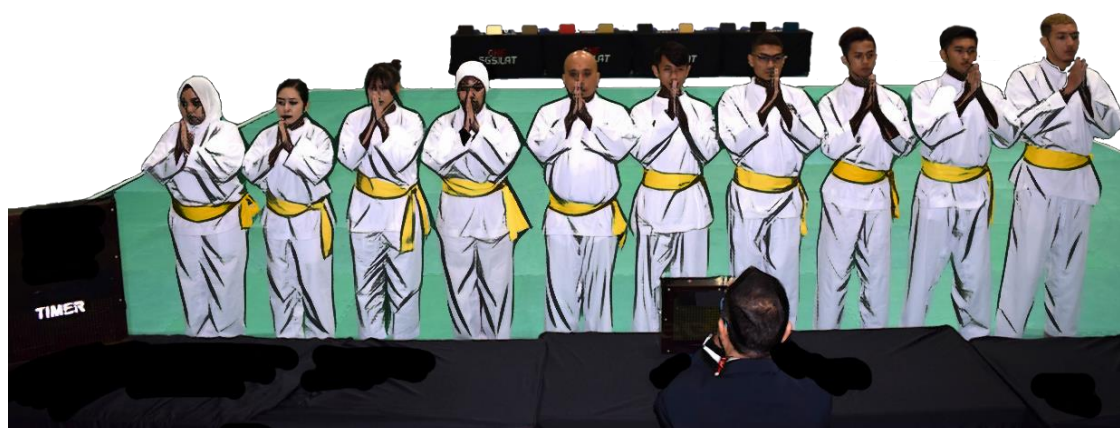
After giving the "Hormat" both athletes will step out from the arena.
Athlete from the Blue Corner will showcase its performance first. Followed by Athlete from Red Corner.



After completion of duty, juries will need to report back to Competition Chairman
Formation to move off from their seats as follow;
Juri 1 to Juri 5 will move off from the right side of their seats
Juri 6 to Juri 10 will move from the left side of their seats



Juri walking towards Chairman Competition



Juri will give "Hormat" and report completion of duty.
And leave the arena from the left.









Article 16: Digital and Manual Scoring System

Article 16.1: Digital Scoring System

The Objective





1. All events must use the digital scoring system approved by PERSILAT.
2. Create more credible and transparent tournament.
3. Efficient number of tournament days

The Equipment

No.	Item	Photo	Description	Quantity
1	Central Processing Unit (CPU)		Main Server to run the system	1
2	Admin Laptop		Main laptop to run the system	1
3	Operator Laptop		Placed at the arena to control round and bout	1
4	Wireless Router		To connect devices via WiFi	1
5	Android Box		To connect to TV for audience to see score	1
6	Android Tablet		For Timekeeper, Chairman, Council and Juri	15
7	Android Tablet Screen Protector		Privacy Screen is recommended to avoid peeking.	15
8	Android Tablet Cover with Stand		For protection and stability	15

9	Monitor		For council to monitor the Juri	1
10	TV		To project score for audience	1
11	Wired Mouse		For android box and laptop	3

The list of cables and power sockets required are as below:

No.	Item	Photo	Description	Quantity
1	Cable Reel		Power Source Connector	1
2	Extension Wire		Power Source for other devices	2
3	Ethernet Cable		To connect from CPU server to Router and Laptop	5
4	HDMI Cable		To connect to TV or Monitor screen	2

The Solution

1. Showing the points in real time so the public spectators can see in real time who is winning the match.
2. Showing how much time is left in the round.

Simplicity and Accuracy

1. All calculation including winner decision is done by the system
2. It minimizes calculation mistake.

Drawing

Drawing of match bracket will be done manually. Team Manager for participating countries will pick up the ball from the box for their individual country.





Once drawing is completed, it will be transferred into the Digital System.

Schedule

Schedule can be generated as soon as the drawing is completed. It will be generated from preliminary round up to the finals, starting with the event that has the most number of competitors.







Weigh-In Station

The list of items required for weigh in station are as below:



S/N	Item	Photo	Description	Quantity
1	Barcode Scanner		To scan the athlete details	1
2	Laptop		To update in the system	1
3	Weighing Station		Callibrated	1
4	Monitor		For Team Official to see the weight of the athlete	1
5	Android Tablet		For Team Official to sign as witness for weigh in.	1

Match Scoring System

The system will capture the weight of an athlete and immediately updated to the Council.

<p>MUHAMMAD KHAIRI ADIE</p>   <p>2002-07-30 Male</p> <p>MALAYSIA</p> <p>Class A (45 - 50 kg)</p> <p>Weight Recommendation</p> <p>47.35 kg </p>	<p>NGUYEN THAN LONG LE</p>   <p>2000-03-05 Male</p> <p>VIETNAM</p> <p>Class A (45 - 50 kg)</p> <p>Weight Recommendation</p> <p>49.10 kg </p>
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Shown on Screen during weigh in

WEIGHT VALIDATION		
DATE : 18 Feb 2020	CHART STAGE : 1/4 Final	
CLASS : A MALE	ARENA : A	
	MATCH NUMBER : 1	
BETWEEN PESILAT		
RED CORNER		BLUE CORNER
MUHAMMAD KHAIRI ADIE	NAME	NGUYEN THAN LONG LE
MALAYSIA	CONTINGENT	VIETNAM
47.35	WEIGHT	49.10
STATED		STATED
VALID		VALID
CLASS : A MALE		
Jakarta, 18 Feb 2020		
Weigh In Officer		
Official MALAYSIA		Official VIETNAM
		
Iskandar		Alpons

Shown on Council Screen

Timekeeper

The timekeeper will be in-charge of the match time, and round number.

Arena A, Round 3				
Time :				
Start Clock		Stop Clock		
MUHAMMAD KHAIRI ADIE MALAYSIA	NGUYEN THAN LONG LE VIETNAM	1	A MALE	1/4 Final
NITINAI THAMKAEO THAILAND	KHOIRUDIN MUSTAKIM INDONESIA	2	A MALE	1/4 Final
Round 1	Round 2	Round 3		

Juri

The juri will be in-charge of giving points to the competing athletes.

While sitting, Juri will need to hold the tablet/device up right and focus on the game, the tablet/device should not be resting on their laps.

For athletes to earn points, two out of three Juries must give the points. Points will not be given if only one out of three Juries presses the button.

Points will need to be reflected immediately to the system.

SINGAPORE		Jury 1		INDONESIA	
		Arena A			
MR. SHEIK				MR. BENNY	
Score	Round	Score			
	I				
	II				
	III				

Punching

Kicking

Del Last Score

Del Last Score

Punching

Kicking

Round	1	2	1	2	1	2
I						
II						
III						

Send Point Is Blocked

OK

Juri Verification (Dropping)

When the Wasit request for assistance from the Juri on a technique validity, the decision will be made via the digital scoring system. If the Juri deems that either red or blue corner made a valid technique, they are required to press either the red or blue button in favour of the athlete who will gain points. However, if the Juri deems that the technique is invalid, they are required to press the invalid button.

Jury Verification

Drop Verification

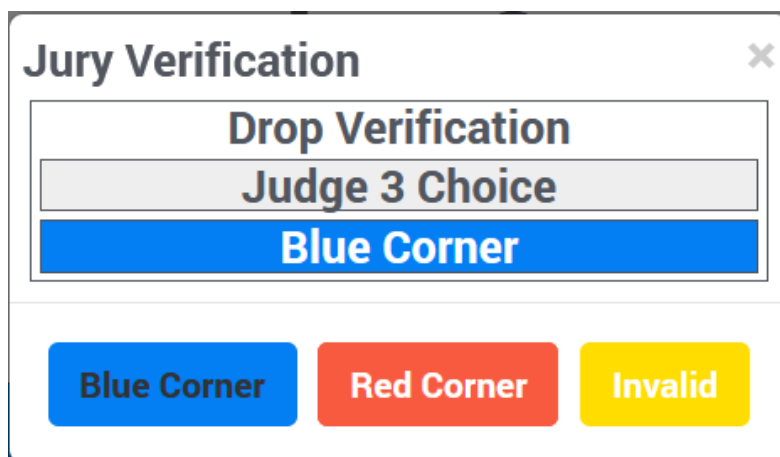
Judge 3 Choice

Waiting

Blue Corner

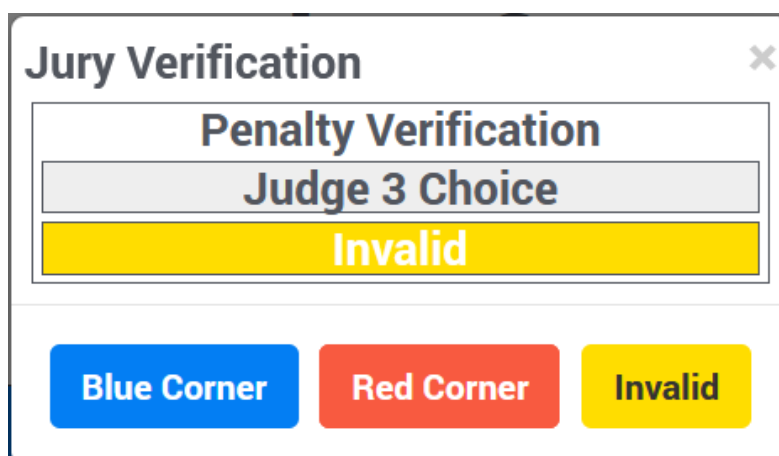
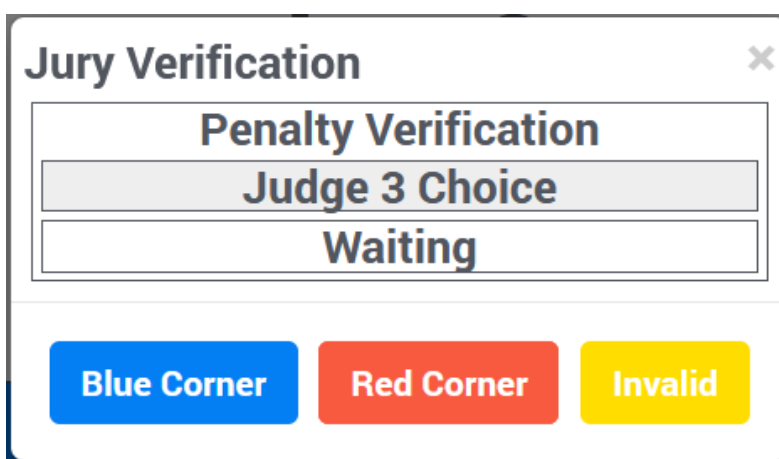
Red Corner

Invalid



Juri Verification (Penalty)

When the Wasit request for assistance from the Juri on a penalty verification, the decision will be made via the digital scoring system. If the Juri deems that either red or blue corner made an illegal attack, they are required to press either the red or blue button in favour of the athlete who will be issued the penalty. However, if the Juri deems that the illegal attack is invalid, they are required to press the invalid button. Likewise, if the Juri is unsure, they can opt for their vote to be invalid by pressing the invalid button.



Council

For Tanding (Match) – As the Juries focus only on the punches and kicks, the council will input the points for valid dropping, and penalty. The council can also check on the points given by the Juries.

Blue				Round	Red			
Total	Detail Point				Detail Point			Total
0				Jury 1				0
				Jury 2				
				Jury 3				
	Score			Score				
	Dropping			Dropping				
	Penalty			Penalty				
	Verbal Warning			Verbal Warning				
0				0				

2022-02-01 20:17:53 EventSilat.Com - Pencak Silat for the World

10	1 2 1 1 2	Jury 1
	1 2 1 2 1 1 2	Jury 2
	1 2 1 2 1 2 1 1 2	Jury 3
	1 2 1 2 1 1 2	Score

Arena Screen

The arena screen will update real-time points of the ongoing match.









PENCAK SILAT
A - 1 Final TANDING - CLASS E

SHEIK ALAUDDIN SINGAPORE 02:00.00 BENNY G. SUMARSONO INDONESIA

0 0





Round 1

J1 J2 J3 J1 J2 J3

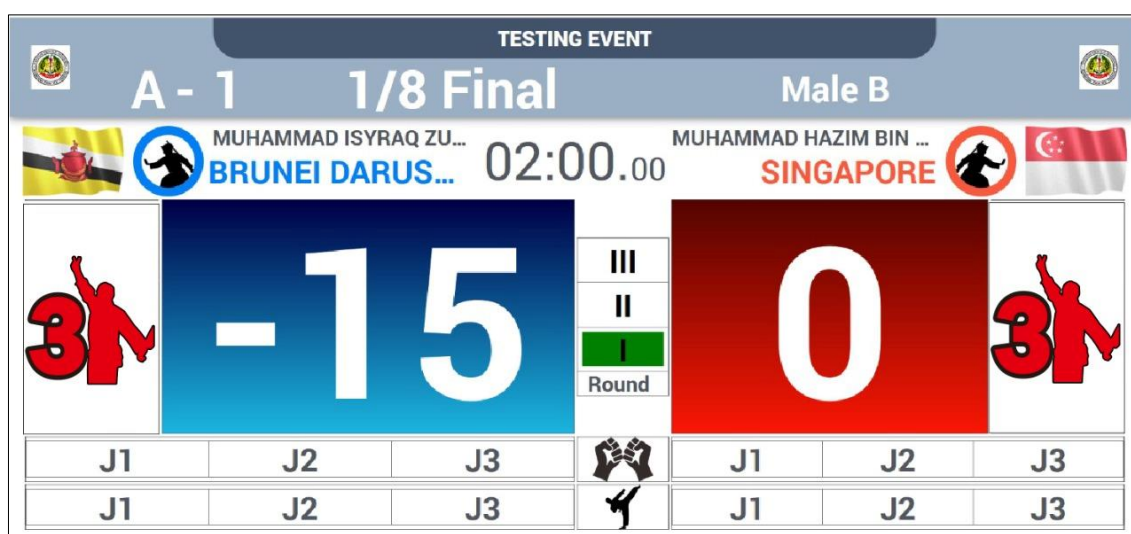
 <p>Verbal Warning</p>	 <p>Reprimand</p>	 <p>Warning</p>
<div style="border: 1px solid black; padding: 5px; margin: 0 auto; width: 150px;">    <p style="font-size: 24px; margin: 0;">Round</p> </div> <p>Round Indicator</p>		
	<div style="display: flex; justify-content: space-around;"> <div style="background-color: yellow; padding: 5px; border: 1px solid black; width: 100px; text-align: center; font-weight: bold;">J1</div> <div style="background-color: yellow; padding: 5px; border: 1px solid black; width: 100px; text-align: center; font-weight: bold;">J2</div> <div style="padding: 5px; border: 1px solid black; width: 100px; text-align: center; font-weight: bold;">J3</div> </div>	
Punch Indicator		
	<div style="display: flex; justify-content: space-around;"> <div style="background-color: orange; padding: 5px; border: 1px solid black; width: 100px; text-align: center; font-weight: bold;">J1</div> <div style="background-color: orange; padding: 5px; border: 1px solid black; width: 100px; text-align: center; font-weight: bold;">J2</div> <div style="background-color: orange; padding: 5px; border: 1px solid black; width: 100px; text-align: center; font-weight: bold;">J3</div> </div>	
Kick Indicator		

Match Result

This screen will be displayed on arena screen after the end for match decision.

PENCAK SILAT									
	A - 1	Final					TANDING - CLASS E		
	SHEIK ALAUDDIN		SINGAPORE		BENNY G. SUMARSONO		INDONESIA		
Winner									
<div style="background-color: blue; color: white; padding: 10px 20px; font-weight: bold; font-size: 18px;">BLUE</div>									
With Score									
<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 2px solid blue; padding: 10px 20px; font-weight: bold; font-size: 24px; color: blue;">18</div> <div style="border: 2px solid red; padding: 10px 20px; font-weight: bold; font-size: 24px; color: red;">18</div> </div>									
Corner	Warning 2	Warning 1	Reprimand 2	Reprimand 1	Verbal Warning	Dropping	Kicking	Punching	
Blue	0	0	0	0	0	6	0	0	
Red	0	0	0	0	0	5	1	1	

For match with disqualification, screen will be displayed as such:



This screen will be displayed on council screen after the end for match decision.

Winner Blue Corner								
Corner	Warning 2	Warning 1	Reprimand 2	Reprimand 1	Verbal Warning	Dropping	Kicking	Punching
Blue	0	0	0	0	0	0	0	1
Red	0	0	0	0	0	0	0	0
Winning Point				1	-	0		

Video Screen

The video screen will show statistical result per match and round. Before the match begins, the competition history of the athlete will be shared.

 DWI PUTRI Kelas C Putri BENGKULU			
Semi Final VS WEWEY WITA	JAWA BARAT	2-1	WIN BY POINTS
1/4 Final VS MALICHA AKBARINA	KALIMANTAN TIMUR	3-0	WIN BY POINTS
1/8 Final VS AGUSTINA YULIANA DONE	PAPUA BARAT	3-0	WIN BY POINTS

It will also show the athlete strength profile, statistical data based on the competition history of the athlete.



Tunggal Arena Screen

The arena screen will update real-time points of the ongoing match.



Tunggal Council Screen

The council screen will update real-time points of the ongoing match.

TESTING EVENT										
TUNGGAL-TUNGGAL @ Arena A Match 32										
THAILAND					Arena A, Match 32					
ILYAS SADARA					TUNGGAL					
Judge	1		2		3		4		5	
Movement	0	0	0	0	73.00	2.00	26.00	0	0	0
CORRECTNESS SCORE	0		0		9.17		0		0	
FLOW OF MOVEMENT / STAMINA (RANGE SCORE : 0.01 - 0.10)	0		0		0		0		0	
Total Score	8.90		8.90		9.17		8.90		8.90	
Time Performance	Minutes		Seconds		Performance exceeded tolerance time					0
	0		0		Performance exceeded the 10m by 10m arena					0
Sorted Judge	-	-	-	-	Dropping of weapon, touching the floor					0
	-	-	-	-	Attire is not according to prescription (Tanjak or Samping falls out)					-0.50
Median	0				Athlete staying at one move for more than 5 seconds					-0.50
Final Score					0					
Standard Deviation					0					

Juri

The Juri will be in-charge of giving points to the competing athletes.

While sitting, Juri will need to hold the tablet/device up right and focus on the game, the tablet/device should not be resting on their laps.

For artistic, points will be deducted for movements accuracy, flow of movement/stamina.

Points will need to be reflected immediately to the system. Juri is not allowed to amend points after calculation.

SINGAPORE					Arena A, Match 2, Jury 7						
SHEIK ALAUDDIN					TUNGGAL/SINGLE						
Tunggal Jurus 1 Tangan Kosong Movement 1											
0					0						
Wrong Move					Movement Details Movement Sequences Movement Has Not Shown Style Sequences			Next Move			
											ACCURACY TOTAL SCORE
FLOW OF MOVEMENT / STAMINA (RANGE SCORE : 0.01 - 0.10)					0						
0.01 0.02 0.03 0.04 0.05 0.06 0.07 0.08 0.09 0.10					Total Score						8.90
2022-02-05 06:13:35 EventSilat.Com - Pencak Silat for the World											

Finish	
14.00	86.00
Wrong Move	Next Move
Movement Details Movement Sequences Movement Has Not Shown Style Sequences	
ACCURACY TOTAL SCORE	
9.76	

Movement accuracy

FLOW OF MOVEMENT / STAMINA (RANGE SCORE : 0.01 - 0.10)										
0.01	0.02	0.03	0.04	0.05	0.06	0.07	0.08	0.09	0.10	0.05

Flow of Movement/Stamina

Update point is already blocked, please contact referee council if you want to edit data

Juri is not allowed to amend points

Council

As the Juri will only key in on the movement's accuracy and flow of movement/stamina. The Council will key in for penalty and monitor real life scoring.

PELATNAS ASEP YULDAN SANI		Arena A, Match 1 TUNGGAL	
Penalty	Score		
Performance exceeded the 10m by 10m arena	Clear	- 0.50	0
Dropping of weapon, touching the floor	Clear	- 0.50	0
Attire is not according to prescription (Tanjak or Samping falls out)	Clear	- 0.50	0
Athlete staying at one move for more than 5 seconds	Clear	- 0.50	-0.50
Total			-0.5

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Performance exceeded tolerance time	0
Performance exceeded the 10m by 10m arena	0
Dropping of weapon, touching the floor	0
Attire is not according to prescription (Tanjak or Samping falls out)	-0.50
Athlete staying at one move for more than 5 seconds	-0.50

Penalty Screen

Judge	1		2		3	
Movement	2.00	97.00	6.00	94.00	4.00	96.00
ACCURACY TOTAL SCORE	9.88		9.84		9.86	
FLOW OF MOVEMENT / STAMINA (RANGE SCORE : 0.01 - 0.10)	0		0		0.07	
Total Score	9.88		9.84		9.93	

Sorted Judge	2	5	1	3	4	6	7	9	8	10
		9.91	9.92	9.93	9.93	9.93	9.94	9.94	9.94	9.95
Median	9.935									

Final Score	9.940
Standard Deviation	0.021656408



Median Value

Time Performance	Minutes	Seconds
	3	0





Time of performance input by operator

Match Result

This screen will be displayed on arena screen after the end for match decision.

PENCAK SILAT									
A - 2		FINAL				TUNGGAL			
									
INDONESIA									
BENNY G. SUMARSONO									
9	7	5	10	1	3	6	8	2	4
9.90	9.92	9.92	9.93	9.94	9.94	9.94	9.96	9.97	9.97
		Median		Penalty		Time Performance		Total	
		9.940		0.00		3:00		9.940	
		Standard Deviation							
		0.021656408							
2022-02-05 05:50:02 EventSilat.Com - Pencak Silat for the World									

Arena Screen
Result for Red or Blue Athlete

PENCAK SILAT									
A - 2		FINAL				TUNGGAL			
		BENNY G. SUMARSONO				SHEIK ALAUDDIN			
INDONESIA		SINGAPORE							
Winner Blue									
Detail Point		Score Result							
		Blue				Red			
Standard Deviation		0.020223748				0.004714045			
Performance Time		180				177			
Penalty		0.00				-0.50			
Winning Point		9.880				-		9.460	
2022-02-02 18:45:10 EventSilat.Com - Pencak Silat for the World									

Arena Screen
Result for Red and Blue Corner

Winner Decision			
Winner Red			
Detail Point	Score Result		
	Blue		Red
Standard Deviation	0.029681644		0.047539457
Performance Time	180		177
Penalty	-1.00		-0.50
Winning Point	8.900	-	9.430

Council Screen
Result for Red and Blue Athlete

Ganda Arena Screen

The arena screen will update real-time points of the ongoing match.

PENCAK SILAT										
A - 3		FINAL				GANDA				
										Timer
MALAYSIA										00:00
MOHD TAQIUDDIN BIN HAMID SAZZLAN BIN YUGA										
1	2	3	4	5	6	7	8	9	10	
9.10	9.10	9.10	9.10	9.10	9.10	9.10	9.10	9.10	9.10	

2022-02-01 22:04:06 EventSilat.Com - Pencak Silat for the World

Juri

The juri will be in-charge of giving points to the competing athletes. While sitting, Juri will need to hold the tablet/device up right and focus on the game, the tablet/device should not be resting on their laps.

Points for ganda will be scored after Red or Blue completed their routine. Points will need to be reflected immediately to the system. Juri is not allowed to amend points after calculation.

MALAYSIA MOHD TAQIYUDDIN BIN HAMID, SAZZLAN BIN YUGA		Arena A, Match 3, Jury 1 GANDA (GANDA)	
SCORING ELEMENT	Score		
ATTACK DEFENSE TECHNIQUE (0.01 - 0.30)	0.01 0.02 0.03 0.04 0.05 0.06 0.07 0.08 0.09 0.10	SCORE 0	TOTAL SCORE - Technique - Firmness - Soulfulness 0
	0.11 0.12 0.13 0.14 0.15 0.16 0.17 0.18 0.19 0.20		
	0.21 0.22 0.23 0.24 0.25 0.26 0.27 0.28 0.29 0.30		
FIRMNESS & HARMONY (0.01 - 0.30)	0.01 0.02 0.03 0.04 0.05 0.06 0.07 0.08 0.09 0.10	SCORE 0	
	0.11 0.12 0.13 0.14 0.15 0.16 0.17 0.18 0.19 0.20		
	0.21 0.22 0.23 0.24 0.25 0.26 0.27 0.28 0.29 0.30		
SOULFULNESS (0.01 - 0.30)	0.01 0.02 0.03 0.04 0.05 0.06 0.07 0.08 0.09 0.10	SCORE 0	
	0.11 0.12 0.13 0.14 0.15 0.16 0.17 0.18 0.19 0.20		
	0.21 0.22 0.23 0.24 0.25 0.26 0.27 0.28 0.29 0.30		
Total		<input type="checkbox"/>	0
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SCORING ELEMENT	Score		
ATTACK DEFENSE TECHNIQUE (0.01 - 0.30)	0.01 0.02 0.03 0.04 0.05 0.06 0.07 0.08 0.09 0.10	SCORE 0.27	TOTAL SCORE - Technique - Firmness - Soulfulness 0.82
	0.11 0.12 0.13 0.14 0.15 0.16 0.17 0.18 0.19 0.20		
	0.21 0.22 0.23 0.24 0.25 0.26 0.27 0.28 0.29 0.30		
FIRMNESS & HARMONY (0.01 - 0.30)	0.01 0.02 0.03 0.04 0.05 0.06 0.07 0.08 0.09 0.10	SCORE 0.28	
	0.11 0.12 0.13 0.14 0.15 0.16 0.17 0.18 0.19 0.20		
	0.21 0.22 0.23 0.24 0.25 0.26 0.27 0.28 0.29 0.30		
SOULFULNESS (0.01 - 0.30)	0.01 0.02 0.03 0.04 0.05 0.06 0.07 0.08 0.09 0.10	SCORE 0.27	
	0.11 0.12 0.13 0.14 0.15 0.16 0.17 0.18 0.19 0.20		
	0.21 0.22 0.23 0.24 0.25 0.26 0.27 0.28 0.29 0.30		
Total		<input type="checkbox"/>	9.92

Council

Juri will only key in the final score after Red or Blue Athlete complete their routine. The Council will key in for penalty and monitor real life scoring.

PENCAK SILAT										
PELATNAS		Arena A, Match 1								
DEDE SETIADI, HAIDIR AGUNG FALETEHAN		GANDA								
Juri	1	2	3	4	5	6	7	8	9	10
ATTACK DEFENSE TECHNIQUE (0.01 - 0.30)	0	0	0	0	0	0	0	0	0	0
FIRMNESS & HARMONY (0.01 - 0.30)	0	0	0	0	0	0	0	0	0	0
SOULFULNESS (0.01 - 0.30)	0	0	0	0	0	0	0	0	0	0
Total Nilai	9.10	9.10	9.10	9.10	9.10	9.10	9.10	9.10	9.10	9.10
Time Performance	Menit		Detik		Performance exceeded tolerance time					0
Sorted Judge	-	-	-	-	-	-	-	-	-	-
Median	0				Performance exceeded the 10m by 10m arena					0
					Weapon drop does not meet synopsis					0
					Weapon fall out of arena while team is still required to use it					0
					Athlete staying at one move for more than 5 seconds					-0.50
Final Score					0					
Standard Deviation					0					

Council Screen

PELATNAS RISKA HERMAWAN, RIRIN RINASIH		Arena A, Match 1 GANDA	
Penalty	Score		
Performance exceeded the 10m by 10m arena	Clear	- 0.50	0
Weapon drop does not meet synopsis	Clear	- 0.50	0
Weapon fall out of arena while team is still required to use it	Clear	- 0.50	0
Athlete staying at one move for more than 5 seconds	Clear	- 0.50	-0.50
Total			-0.5

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Performance exceeded tolerance time	0
Performance exceeded the 10m by 10m arena	0
Weapon drop does not meet synopsis	0
Weapon fall out of arena while team is still required to use it	0
Athlete staying at one move for more than 5 seconds	-0.50

Penalty Screen

Judge	1	2	3	4	5	6
ATTACK DEFENSE TECHNIQUE (0.01 - 0.30)	0.16	0.28	0.14	0.15	0.15	0.14
FIRMNESS & HARMONY (0.01 - 0.30)	0.15	0.27	0.25	0.17	0	0.17
SOULFULNESS (0.01 - 0.30)	0.13	0.26	0.25	0.16	0	0
Total Score	9.54	9.91	9.74	9.58	9.25	9.41

Sorted Judge	2	5	1	3	4	6	7	9	8	10
	9.91	9.92	9.93	9.93	9.93	9.94	9.94	9.94	9.95	9.96
Median	9.935									

Final Score	9.935
Standard Deviation	0.013601471


Median Value

Time Performance	Minutes	Seconds
	3	0






Time of performance input by operator

Match Result

This screen will be displayed on arena screen after the end for match decision.

PENCAK SILAT											
A - 3		FINAL				GANDA/DOUBLE					
											
MALAYSIA											
MOHD TAQIUDDIN BIN HAMID SAZZLAN BIN YUGA											
2	4	10	1	9	7	3	8	6	5		
9.90	9.91	9.91	9.92	9.92	9.94	9.95	9.96	9.97	9.98		
Median		Penalty		Time Performance		Total					
9.930		0.00		3:00		9.930					
Standard Deviation											
0.026532998											
2022-02-05 09:11:00 EventSilat.Com - Pencak Silat for the World											

Arena Screen
Result for Red or Blue Athlete

PENCAK SILAT											
A - 3		FINAL				GANDA/DOUBLE					
			MOHD TAQIUDDIN BIN HAMID, SAZZLAN BIN YUGA				TRAN DUC DANH, LE HONG QUAN				
MALAYSIA										VIETNAM	
											
Winner Red											
Detail Point		Score Result									
Standard Deviation		Blue				Red					
		0.026532998				0.026851443					
Performance Time		181				180					
Penalty		-0.50				0.00					
Winning Point		9.430				9.940					
2022-02-05 09:32:59 EventSilat.Com - Pencak Silat for the World											

Arena Screen
Result for Red and Blue Corner

Winner Decision		
Winner Red		
Detail Point	Score Result	
	Blue	Red
Standard Deviation	0.029681644	0.047539457
Performance Time	180	177
Penalty	-1.00	-0.50
Winning Point	8.900	- 9.430

Council Screen
Result for Red and Blue Athlete

Regu Arena Screen

The arena screen will update real-time points of the ongoing match.

PENCAK SILAT										
A - 4			FINAL				REGU			
										Timer
THAILAND										00:00
FADIL DAMA MASOFEE WANI ISLAMEE WANI										
1	2	3	4	5	6	7	8	9	10	
9.90	9.90	9.90	9.90	9.90	9.90	9.90	9.90	9.90	9.90	
2022-02-02 19:14:44 EventSilat.Com - Pencak Silat for the World										

Regu Council Screen

The council screen will update real-time points of the ongoing match.

PENCAK SILAT												
PELATNAS						Arena A, Match 1						
ASEP YULDAN SANI, NUNU NUGRAHA, ANGGI FAISAL						REGU						
Juri	1	2	3	4	5	6	7	8	9	10		
Movement	0	0	0	0	0	0	0	0	0	0		
CORRECTNESS SCORE	0	0	0	0	0	0	0	0	0	0		
FLOW OF MOVEMENT / STAMINA (RANGE SCORE : 0.01 - 0.10)	0	0	0	0	0	0	0	0	0	0		
Total Nilai	8.90	8.90	8.90	8.90	8.90	8.90	8.90	8.90	8.90	8.90		
Time Performance	Menit			Detik			Performance exceeded tolerance time				0	
	0			0			Performance exceeded the 10m by 10m arena				0	
Sorted Judge	-	-	-	-	-	-	-	-	-	-	Attire is not according to prescription (White sash falls out)	0
	-	-	-	-	-	-	-	-	-	-	Athlete staying at one move for more than 5 seconds	-0.50
Median	0											
Final Score							0					
Standard Deviation							0					

Juri

The juri will be in-charge of giving points to the competing athletes.

While sitting, Juri will need to hold the tablet/device up right and focus on the game, the tablet/device should not be resting on their laps.

For artistic, points will be deducted for movements accuracy, flow of movement/stamina.

Points will need to be reflected immediately to the system. Juri is not allowed to amend points after calculation.

THAILAND						Arena A, Match 4, Jury 10				
FADIL DAMA, MASOFEE WANI, ISLAMEE WANI						REGU ()				
Regu Juri 1 Movement 1										
0					0					
Wrong Move					Detail Of Movement Order Of Movement Missed Moves Order Of Package			Next Move		
ACCURACY TOTAL SCORE										8.90
FLOW OF MOVEMENT / STAMINA (RANGE SCORE : 0.01 - 0.10)										0
0.01	0.02	0.03	0.04	0.05	0.06	0.07	0.08	0.09	0.10	
Total Score										8.90

Finish	
14.00	86.00
Wrong Move	Next Move
Movement Details Movement Sequences Movement Has Not Shown Style Sequences	
ACCURACY TOTAL SCORE	
9.76	
FLOW OF MOVEMENT / STAMINA (RANGE SCORE : 0.01 - 0.10)	
<input type="button" value="0.01"/> <input type="button" value="0.02"/> <input type="button" value="0.03"/> <input type="button" value="0.04"/> <input type="button" value="0.05"/> <input type="button" value="0.06"/> <input type="button" value="0.07"/> <input type="button" value="0.08"/> <input type="button" value="0.09"/> <input type="button" value="0.10"/>	0.05

Council

Juri will only key in the final score after Red or Blue Athlete complete their routine. The Council will key in for penalty and monitor real life scoring.

Judge	1		2		3	
Movement	0	0	0	0	0	0
ACCURACY TOTAL SCORE	0		0		0	
FLOW OF MOVEMENT / STAMINA (RANGE SCORE : 0.01 - 0.10)	0		0		0	
Total Score	8.90		8.90		8.90	

Council Screen

PELATNAS ASEP YULDAN SANI, NUNU NUGRAHA, ANGGI FAISAL		Arena A, Match 2 REGU	
Penalty	Score		
Performance exceded the 10m by 10m arena	Clear	- 0.50	0
Attire is not according to prescription (White Sash falls out)	Clear	- 0.50	0
Athlete staying at one move for more than 5 seconds	Clear	- 0.50	-0.50
Total			-0.5

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Performance exceded tolerance time	0
Performance exceded the 10m by 10m arena	0
Attire is not according to prescription (White sash falls out)	0
Athlete staying at one move for more than 5 seconds	-0.50

Penalty Screen

Judge	1		2		3	
Movement	8.00	84.00	5.00	95.00	4.00	96.00
ACCURACY TOTAL SCORE	9.82		9.85		9.86	
FLOW OF MOVEMENT / STAMINA (RANGE SCORE : 0.01 - 0.10)	0		0		0.05	
Total Score	9.82		9.85		9.91	

Sorted Judge	2	5	1	3	4	6	7	9	8	10
		9.91	9.92	9.93	9.93	9.93	9.94	9.94	9.94	9.95
Median	9.935									
Final Score	8.900									
Standard Deviation	0.029681644									




Mediann Value

Time Performance	Minutes	Seconds
	3	6

Time of performance input by operator









Match Result

This screen will be displayed on arena screen after the end for match decision.

PENCAK SILAT									
A - 4 FINAL					REGU/TEAM				
   					Median	Penalty	Time Performance	Total	
THAILAND					9.915	-0.50	3:06	9.415	
FADIL DAMA MASOFEE WANI ISLAMEE WANI					Standard Deviation				
					0.035156792				
10	6	5	2	9	4	8	7	1	3
9.84	9.87	9.90	9.91	9.91	9.92	9.92	9.93	9.95	9.97

2022-02-05 09:47:20 EventSilat.Com - Pencak Silat for the World

Result for Red or Blue Athlete

PENCAK SILAT									
A - 4 FINAL					REGU/TEAM				
   					   				
SYAFIQ, JUNED, NASHRUL EDZAM					FADIL DAMA, MASOFEE WANI, ISLAMEE WANI				
MALAYSIA					THAILAND				
Winner									
Detail Point					Score Result				
Standard Deviation					Blue		Red		
Performance Time									
Penalty									
Winning Point									

2022-02-05 09:56:26 EventSilat.Com - Pencak Silat for the World

Arena Screen

Result for Red and Blue Corner

Winner Decision			
Winner Red			
Detail Point	Score Result		
	Blue	Red	
Standard Deviation	0.029681644	0.047539457	
Performance Time	180	177	
Penalty	-1.00	-0.50	
Winning Point	8.900	-	9.430

Council Screen
Result for Red and Blue Athlete

Digital Broadcasting Equipment

In promotion of the sport, digital broadcast must be included in the events.

Especially for major event, live streaming that is easily accessible must be shared for broadcasting.

No.	Item	Quantity
1	Transmitter	To be advised by Digital Broadcasting Company
2	Receiver	
3	Antenna	
4	Transmission Lines	
5	Audio Processor	
6	Speakers	
7	Cables	
8	Mixers	
9	Audio Playback Component	
10	Camera	

Competition Forms

As most of the recording will be done digitally, only the following forms need to be printed:

Forms for Artistic

1. Juries Assignment Forms
2. Synopsis Form (only for Double)

Forms for Match

1. Reweighing Form

Article 16.2: Manual Scoring

In an unforeseen circumstance whereby the Digital Scoring System is faulty and cannot be fixed, competition will proceed using the Manual Scoring.

Competition Secretariat

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

Secretariat

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

Running Secretariat

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

Head of Secretariat Equipment

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

Balloting Equipment

No.	Item	Quantity
1	Ballot Box	2
2	Numbered Balloting Ball (Table Tennis ball)	1 set
3	Named Balloting Ball (Participating Team)	1 set
4	Laptop	2
5	Projector	1
6	Table	2

Weigh – In Equipment

No.	Item	Quantity
1	Calibrated Digital Weighing Machine	1
2	Weigh – In List & Form	1 set
3	Pen	1 box
4	Towel	2

Team Composition

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

- 1x running secretariat
- 2x announcer
- 1x timekeeper
- 1x dispatcher / gong striker
- 2x re-weighing / body protector collection

Roles & Duties

Announcer

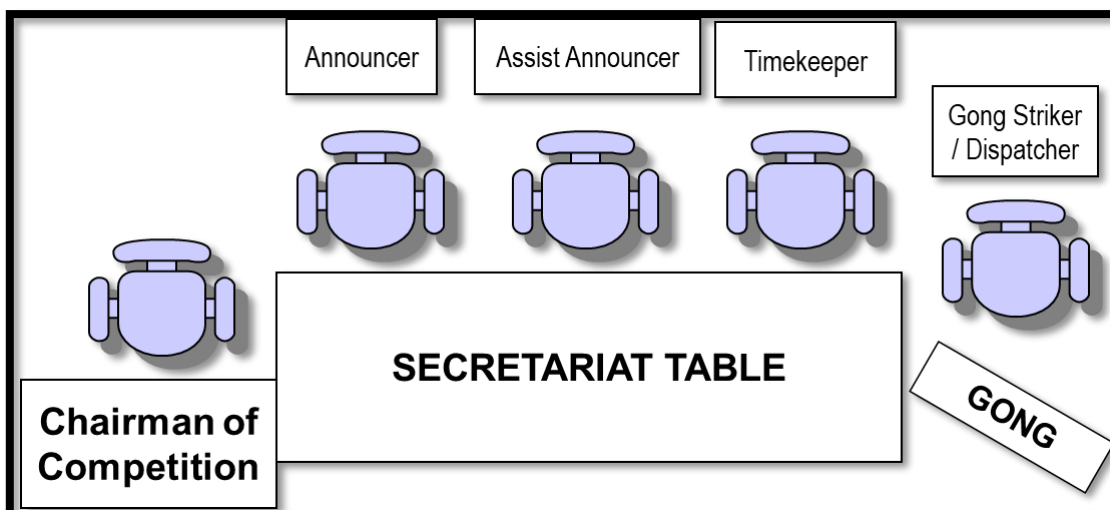
- Announcement throughout competition
- Call athletes for re-weighing (*at end of round 1*)
- Call athletes to report to arena (*at end of round 3*)

Timekeeper

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

Dispatcher/Gong Striker

- In a situation that the electricity/system is down, the Juri will have to write down the scores manually on the prescribed form.
- Dispatcher – after the match ends; dispatcher must collect the score sheet start from Juri 1 to Juri 3 and give a new score sheet for the next fight. Pass all the score sheet to the Council.
- Gong Striker – to strike the gong at the start and end of each round.



Technical Briefing & Balloting

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

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

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

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

The process will involve the following group of people:

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

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

1. Secretariat will project the balloting event on the screen
2. The announcer will announce the category & participating athletes that will be balloted.
 - For example: Senior Match Male A, from USA, John Doe. From UK, Harry Wilbert, from China, Hendry Lao.
3. Team Managers must reconfirm the athletes' participation for each category.

- Any names not mentioned during the announcement, Team Manager must inform the Secretariat team before we proceed to the next step.
4. The balloting can only start after getting confirmation from all team managers.
 - Verbal or physical (thumbs up) confirmation
 5. The main equipment used for balloting are one (1) numbered ballot box with numbered balloting balls and one (1) named ballot box with named balloting balls.
 6. Secretariat will extract 1 ballot ball from the named balloting box.
 - Only contingents participating in the projected event will be added into the named ballot box.
 7. Team selected will ballot for the projected event.
 8. Secretariat must tally the name and number of participants in the ballot box.
 9. Team manager from selected team will come forward and extract one ball from numbered and named ballot box each.
 10. Team manager will announce the name and number selected until no ballot balls remaining.
 - i. Malaysia, Number 2
 - ii. Thailand, Number 5
 11. Secretariat will take note of the balloting result and update the competition bracket.
 12. Secretariat will display the completed event bracket on the screen.
 13. Repeat step 1 to 12 until all events are balloted.

The nomination for balloting can be carried out either by;

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

Competition Day

Requirement: 1) Competition Schedule
 2) Competition Flowcharts (Schema)
 3) Score Board

No. of Persons : 2/3

Competition Day

1. Secretariat
 - To update score and winner of every match in the competition schedule
2. Running Secretariat
 - a) To get results from the secretariat at the arena and update on flow charts and score board and prepare competition forms for next matches
 - b) To compile all results at the end of each competition day

Last Day of Competition

1. Secretariat
To update score and winner of every match in the competition schedule
2. Running Secretariat
 - a) To get results from the secretariat at the arena and update on flow charts and score board
 - b) Compile all results
 - c) Update results and winner whenever possible
 - i) To identify medal winner (gold, silver, bronze) for each category
 - ii) To finalize medal tally for each country/club
 - iii) To identify overall winner

Note: All results and information on the competition will be with the Competition Secretariat Team. Details needed and requested will be channelled to these groups;

- Team Manager of Participating Countries
- ITD & ATD
- Sports Authorities
- Others

Post Event


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

Using the Manual Scoring System, the Organizing Committee must ensure that the following forms are prepared:

Competition Forms

1. Match (Tanding)
 - Weigh-In Form
 - Wasit and Juri Assignment Form
 - Score Sheet
 - Results of Match Form
 - Match Scoring Keeping (RJ Council)
 - Protest Form

- Protest (1st Tier) Form
- Protest Result (1st Tier) Form
- Protest Appeal (2nd Tier) Form
- Protest Result (2nd Tier) Form



Pencak Silat Competition Form
Match
Weigh In Form

Match No. _____ Category: _____ Date: _____


Corner	MERAH	BIRU
Name		
Country		
Class		
Weight		
Valid / Invalid		

Checked by (Official on Duty):
Name: _____ Signature: _____

Witness by:

Red Corner Team Official
Name: _____ Signature: _____

Blue Corner Team Official
Name: _____ Signature: _____



Pencak Silat Competition Form
Assignment of Wasit and Juri
Match Category

Match No. _____ Category: _____ Date: _____


MERAH	BIRU
Name:	Name:
Country:	Country:

Led By	Wasit	
Assisted by	Juri 1	
	Juri 2	
	Juri 3	


Verified by

Dewan Name: _____ Signature: _____

Chairman Name: _____ Signature: _____

Pencak Silat Competition Form Match Score Sheet for Juri						
		Pencak Silat Competition Form Match Score Sheet for Juri				
Match No. _____		Category: _____		Date: _____		
Name: _____			Name: _____			
Country: _____			Country: _____			
MERAH			BIRU			
Total Score	Penalty	Score	Round	Score	Penalty	Total Score
			1			
			2			
			3			
Final Score				Final Score		
Match Result						
Corner: _____		Round: _____				
Won by: Points / TKO / Absolute / Disqualification / RSC / Walk Over						
Juri No: _____						
Juri Name: _____		Signature: _____				

Pencak Silat Competition Form Match Result						
Match No. _____		Category: _____		Date: _____		
MERAH			BIRU			
Name: _____			Name: _____			
Country: _____			Country: _____			
Match Result						
Corner: _____		Country: _____				
Name: _____						
Won By: Points / TKO / Absolute / Disqualification / RSC / Walk Over						
Juri	Score		Winner	Wasit: _____		
	Merah	Biru		Compiled by Dewan: Name: _____ Signature: _____		
1				Verified by Competition Chairman: Name: _____ Signature: _____		
2						
3						
4						
5						

International Pencak Silat Federation Dewan Match Score Keeping						
		International Pencak Silat Federation Dewan Match Score Keeping				
Match No: _____			Category: _____			
Name / Country: _____			Name / Country: _____			
MERAH			BIRU			
Warning	Reprimand	Dropping	Round	Warning	Reprimand	Drop
			1			
			2			
			3			
Remarks:						



Pencak Silat Competition Form Match Card Protest

Match No. _____ **Category:** _____ **Date:** _____

Protest by: RED / BLUE

Issue: _____

Written by:

Dewan Name: _____ Signature: _____



Protest Form – Pencak Silat

Name: _____ Date: _____

Country: _____ Time Collected: _____

Match Number: _____ Time Return: _____

Category: _____

Protest Description:

Team Manager: _____

Signature: _____



Protest Result – Pencak Silat

Name: _____ Date: _____

Country: _____ Time Informed: _____

Match Number: _____

Category: _____

Protest Result:

Chairman of Competition: _____

Signature: _____ Time: _____



Protest Appeal – Pencak Silat

Name: _____ Date: _____

Country: _____ Time Informed: _____

Match Number: _____

Category: _____

Protest Appeal:

Team Manager: _____

Signature: _____



Protest Appeal Result – Pencak Silat

Name: _____ Date: _____

Country: _____ Time Informed: _____

Match Number: _____

Category: _____


Protest Result:


Chairman of Competition: _____


Signature: _____ Time: _____

2. Artistic – Single (Tunggal)

- Juri Assignment Form
- Weapon Validity
- Timing Form
- Score Sheets
- Recapitulations (summary of results)

<div style="text-align: center;">  <p>Pencak Silat Competition Form Assignment of Wasit and Juri Artistic Category</p> </div> <p>Match No. _____ Category: _____ Date: _____</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <tr> <td style="background-color: red; color: white; text-align: center; font-weight: bold;">MERAH</td> <td style="background-color: blue; color: white; text-align: center; font-weight: bold;">BIRU</td> </tr> <tr> <td>Name: _____</td> <td>Name: _____</td> </tr> <tr> <td>Country: _____</td> <td>Country: _____</td> </tr> </table> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <tr> <td>Juri 1</td><td></td><td>Juri 6</td><td></td> </tr> <tr> <td>Juri 2</td><td></td><td>Juri 7</td><td></td> </tr> <tr> <td>Juri 3</td><td></td><td>Juri 8</td><td></td> </tr> <tr> <td>Juri 4</td><td></td><td>Juri 9</td><td></td> </tr> <tr> <td>Juri 5</td><td></td><td>Juri 10</td><td></td> </tr> </table> <p>Verified by</p> <p>Dewan Name: _____ Signature: _____</p> <p>Chairman Name: _____ Signature: _____</p>	MERAH	BIRU	Name: _____	Name: _____	Country: _____	Country: _____	Juri 1		Juri 6		Juri 2		Juri 7		Juri 3		Juri 8		Juri 4		Juri 9		Juri 5		Juri 10		<div style="text-align: center;">  <p>Pencak Silat Competition Form Artistic Single Weapon Validity</p> </div> <p>Match No. _____ Corner: <u>RED / BLUE</u> Category: _____ Date: _____</p> <p>Name: _____</p> <p>1. _____</p> <p>2. _____</p> <p>Country: _____</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <thead> <tr> <th>Weapon</th><th>Length</th><th>Valid / Invalid</th><th>Remarks</th> </tr> </thead> <tbody> <tr> <td>Golok</td><td></td><td></td><td></td> </tr> <tr> <td>Toya</td><td></td><td></td><td></td> </tr> </tbody> </table> <p>Checked by (<i>Wasit / Juri</i>): Name: _____ Signature: _____</p> <p>Verified by (<i>Competition Chairman</i>): Name: _____ Signature: _____</p>	Weapon	Length	Valid / Invalid	Remarks	Golok				Toya			
MERAH	BIRU																																						
Name: _____	Name: _____																																						
Country: _____	Country: _____																																						
Juri 1		Juri 6																																					
Juri 2		Juri 7																																					
Juri 3		Juri 8																																					
Juri 4		Juri 9																																					
Juri 5		Juri 10																																					
Weapon	Length	Valid / Invalid	Remarks																																				
Golok																																							
Toya																																							

 <p>Pencak Silat Competition Form Artistic Single Score Sheet for Juri</p>							
Match No. _____		Corner: <u>RED / BLUE</u>		Category: _____		Date: _____	
Name: _____				Country: _____			
Scoring Element	Order and Details of Package						
	1	2	3	4	5	6	7
Each move is 0.01 point	7	13	18	25	31	39	50
	8	9	10	11	12	13	14
i. Details of Movement ii. Order of Movement iii. Missed Moves iv. Order of Package							
	57	63	75	81	86	91	100
	Score A: 9.90 - _____ =				Total Score:		
<i>Between 0.01 to 0.10</i>	Score B: _____ / 0.10						
i. Flow of Movement ii. Stamina							
Juri No.	Juri Name		Signature				




Pencak Silat Competition Form
Artistic Category
Record of Performance Duration

Match No. _____ Corner: **RED / BLUE**
 Category: _____ Date: _____
 Name: _____
 Country: _____

Performance Duration	
Minutes	Seconds
Less	More
Seconds	Seconds

Timekeeper	
Name	
Signature	

Competition Chairman	
Name	
Signature	




Artistic Result Form for Dewan

Event	Age Category					Date				
BLUE										
Name						Country				
Juri	1	2	3	4	5	6	7	8	9	10
Score	9.87	9.77	9.80	9.65	9.55	9.79	9.68	9.70	9.90	9.56
RED										
Name						Country				
Juri	1	2	3	4	5	6	7	8	9	10
Score	9.58	9.88	9.70	9.85	9.75	9.88	9.87	9.70	9.85	9.76
Result										
Median	9.735		Min	Sec		Median	9.805		Min	Sec
Penalty	0	Time				Penalty	0	Time		
Remarks: Time tolerance / Step Out of Arena / Uniform / Weapon / DQ					Remarks: Time tolerance / Step Out of Arena / Uniform / Weapon / DQ					
Final Score	9.735	Discrepancy				Final Score	9.805	Discrepancy		
If all is draw:		SD	0.12000463			If all is draw:		SD	0.10108302	
WINNER										
Dewan (Name & Sign)										
KP (Name & Sign)										

3. Artistic – Double (Ganda)

- Juri Assignment Form
- Synopsis Form
- Weapon Validity
- Timing Form
- Score Sheets
- Recapitulations (summary of results)

 **Pencak Silat Competition Form**
Assignment of Wasit and Juri
Artistic Category

Match No. _____ Category: _____ Date: _____


MERAH	BIRU
Name: _____	Name: _____
Country: _____	Country: _____

Juri 1	Juri 6
Juri 2	Juri 7
Juri 3	Juri 8
Juri 4	Juri 9
Juri 5	Juri 10

Verified by

Dewan Name: _____ Signature: _____

Chairman Name: _____ Signature: _____

 **Pencak Silat Competition Form**
Artistic Double
Synopsis Form


Match No. _____ Corner: RED / BLUE
Category: _____ Date: _____

Name: _____
1. _____
2. _____
Country: _____

Weapon	Number of Drop
Golok	
Toya	
Additional Weapon <i>(Please name weapon):</i>	

Last movement: _____

Submitted by:
Name: _____ Signature: _____
Position: Coach / Team Manager
(Circle One)

 **Pencak Silat Competition Form**
Artistic Double
Weapon Validity


Match No. _____ Corner: RED / BLUE
Category: _____ Date: _____

Name: _____
1. _____
2. _____
Country: _____

Weapon	Length	Valid / Invalid	Remarks
Golok			
Toya			
Additional Weapon <i>(Please name weapon):</i>			

Checked by *(Wasit / Juri)*:
Name: _____ Signature: _____

Verified by *(Competition Chairman)*:
Name: _____ Signature: _____




Pencak Silat Competition Form
Artistic Double
Score Sheet for Juri

Match No. _____ Corner: **RED / BLUE**
 Category: _____ Date: _____
 Name: _____
 1. _____
 2. _____
 Country: _____

Scoring Element	SCORE	Final Score
Attack Defense Technique i. Quality of Technique ii. Richness of Technique iii. Skill and Creativity iv. Logic in Executing Movement	/ 0.30	9.1 +
Firmness i. Harmony of athlete ii. Weapon Skill iii. Power and Stamina	/ 0.30	+
Soulfulness i. Expression of Movement	/ 0.30	+
		=

Juri No: _____
 Juri Name: _____ Signature: _____




Pencak Silat Competition Form
Artistic Category
Record of Performance Duration

Match No. _____ Corner: **RED / BLUE**
 Category: _____ Date: _____
 Name: _____
 Country: _____

Performance Duration	
Minutes	Seconds
Less	More
Seconds	Seconds

Timekeeper
Name
Signature

Competition Chairman
Name
Signature




Artistic Result Form for Dewan

Event	Age Category				Date					
BLUE										
Name					Country					
Juri	1	2	3	4	5	6	7	8	9	10
Score	9.87	9.77	9.80	9.65	9.55	9.79	9.68	9.70	9.90	9.56
RED										
Name					Country					
Juri	1	2	3	4	5	6	7	8	9	10
Score	9.58	9.88	9.70	9.85	9.75	9.88	9.87	9.70	9.85	9.76
Result										
BLUE				RED						
Median	9.735		Min	Sec	Median	9.805		Min	Sec	
Penalty	0	Time			Penalty	0	Time			
Remarks: Time tolerance / Step Out of Arena / Uniform / Weapon / DQ					Remarks: Time tolerance / Step Out of Arena / Uniform / Weapon / DQ					
Final Score	9.735	Discrepancy			Final Score	9.805	Discrepancy			
If all is draw:		SD	0.12000463		If all is draw:		SD	0.10108302		
WINNER										
Dewan (Name & Sign)										
KP (Name & Sign)										

4. Artistic – Team (Requ)

- Juri Assignment Form
- Timing Form
- Score Sheets
- Recapitulations (summary of results)



Pencak Silat Competition Form
Assignment of Wasit and Juri
Artistic Category

Match No. _____ Category: _____ Date: _____


MERAH	BIRU
Name: _____	Name: _____
Country: _____	Country: _____

Juri 1		Juri 6	
Juri 2		Juri 7	
Juri 3		Juri 8	
Juri 4		Juri 9	
Juri 5		Juri 10	

Verified by

Dewan Name: _____ Signature: _____

Chairman Name: _____ Signature: _____




Pencak Silat Competition Form
Artistic Team
Score Sheet for Juri

Match No. _____ Corner: RED / BLUE Category: _____ Date: _____

Name: _____ Country: _____

Scoring Element	Order and Details of Package					
	1	2	3	4	5	6
Each move is 0.01 point i. Details of Movement ii. Order of Movement iii. Missed Moves iv. Order of Package	9	18	28	37	44	52
	7	8	9	10	11	12
	61	72	81	85	93	100
	Score A: 9.90 - _____ =				Total Score:	
<u>Between 0.01 to 0.10</u> i. Flow of Movement ii. Stamina	Score B: _____ / 0.10				_____	
Juri No.		Juri Name		Signature		




Pencak Silat Competition Form
Artistic Category
Record of Performance Duration

Match No. _____ Corner: RED / BLUE
 Category: _____ Date: _____
 Name: _____
 Country: _____

Performance Duration			
		:	
Minutes			Seconds
Less			More
Seconds			Seconds

Timekeeper
Name
Signature

Competition Chairman
Name
Signature




Artistic Result Form for Dewan

Event	Age Category				Date					
BLUE										
Name					Country					
Juri	1	2	3	4	5	6	7	8	9	10
Score	9.87	9.77	9.80	9.65	9.55	9.79	9.68	9.70	9.90	9.56
RED										
Name					Country					
Juri	1	2	3	4	5	6	7	8	9	10
Score	9.58	9.88	9.70	9.85	9.75	9.88	9.87	9.70	9.85	9.76
Result										
Median	9.735		Min	Sec		Median	9.805		Min	Sec
Penalty	0	Time				Penalty	0	Time		
Remarks: Time tolerance / Step Out of Arena / Uniform / Weapon / DQ					Remarks: Time tolerance / Step Out of Arena / Uniform / Weapon / DQ					
Final Score	9.735	Discrepancy				Final Score	9.805	Discrepancy		
If all is draw:		SD	0.12000463			If all is draw:		SD	0.10108302	
WINNER										
Dewan (Name & Sign)										
KP (Name & Sign)										

5. Solo Creative

- Juri Assignment Form
- Synopsis Form
- Weapon Validity
- Timing Form
- Score Sheets
- Recapitulations (summary of results)




**Pencak Silat Competition Form
Assignment of Wasit and Juri
Artistic Category**

Match No. _____ Category: _____ Date: _____

MERAH	BIRU
Name: _____	Name: _____
Country: _____	Country: _____

Juri 1		Juri 6	
Juri 2		Juri 7	
Juri 3		Juri 8	
Juri 4		Juri 9	
Juri 5		Juri 10	

Verified by
Dewan Name: _____ Signature: _____
Chairman Name: _____ Signature: _____




**Pencak Silat Competition Form
Artistic Solo Creative
Score Sheet for Juri**

Match No. _____ Corner: **RED / BLUE**
Category: _____ Date: _____
Name: _____
1. _____
2. _____
Country: _____

Scoring Element	SCORE	Final Score
Attack Defense Technique i. Quality of Technique ii. Richness of Technique iii. Skill and Creativity iv. Logic in Executing Movement	/ 0.30	9.1 +
Firmness i. Harmony of athlete ii. Weapon Skill iii. Power and Stamina	/ 0.30	+
Soufulness i. Expression of Movement	/ 0.30	+
		=

Juri No: _____
Juri Name: _____ Signature: _____



Artistic Result Form for Dewan

Event					Age Category					Date			
BLUE													
Name											Country		
Juri	1	2	3	4	5	6	7	8	9	10			
Score	9.87	9.77	9.80	9.65	9.55	9.79	9.68	9.70	9.90	9.56			
RED													
Name											Country		
Juri	1	2	3	4	5	6	7	8	9	10			
Score	9.58	9.88	9.70	9.85	9.75	9.88	9.87	9.70	9.85	9.76			
Result													
BLUE						RED							
Median	9.735				Min					Sec			
Penalty	0				Time								
Remarks: Time tolerance / Step Out of Arena / Uniform / Weapon / DQ													
Final Score	9.735				Discrepancy								
If all is draw: SD 0.12000463													
BLUE						RED							
Median	9.805				Min					Sec			
Penalty	0				Time								
Remarks: Time tolerance / Step Out of Arena / Uniform / Weapon / DQ													
Final Score	9.805				Discrepancy								
If all is draw: SD 0.10108302													
WINNER													
Dewan (Name & Sign)													
KP (Name & Sign)													

Result Compilation Form

All forms used during the competition will need to be compiled according to each category.

1. Match (*Tanding*)
2. Artistic – Single (*Tunggal*)
3. Artistic – Double (*Ganda*)
4. Artistic – Team (*Regu*)
5. Solo Creative

Organizing committee must use the form that are provided by PERSILAT.

Flow using the Manual Scoring

Following are the flow when the competition is using manual scoring system:

1. Competition Forms will be distributed to all the Technical Officials on duty for each of the game.
2. At the end of each game, all Juri is required to complete the Score Sheet.
3. The Running Secretariat will then go over to each Juri to collect the Score Sheet Form and submit to the Council for checking.
4. The Council will do the checking and final calculation, and then the Score Sheet will be handed over to the Chairman of Competition for verification and endorsement.
5. Chairman of Competition will then raise either the Blue or Red flag to announce the winner for that game.
6. When using the Manual Scoring System, the Juri is not required to raise the Blue or Red flag to show the point (i.e. 3-0 or 2-1) of the winner.

Sample Scoring Sheet & Collation by Council (for Match Category)

Juri will be given the forms to write the score manually.

**Pencak Silat Competition Form
Match
Score Sheet for Juri**

Match No. 64 Category: Match Male A Date: 3 Feb 2021

Name: JOHN WICK			Name: LEE WAI KAI			
Country: USA			Country: CHINA			
MERAH			BIRU			
Total Score	Penalty	Score	Round	Score	Penalty	Total Score
15		1 1 1 2 2 2 3 3	1	1 1 1 1 1 3 3	-1	10
10	-1	1 1 1 2 2 2 2	2	1 3 3 3		10
9		3 3 3	3	1 1		2
34	Final Score				Final Score 22	

Match Result
Corner: Red Round: 3
Won by: Points / TKO / Absolute / Disqualification / RSC / Walk Over
Juri No: 1
Juri Name: Siti Ayu Signature: [Signature]

**Pencak Silat Competition Form
Match
Score Sheet for Juri**

Match No. 64 Category: Match Male A Date: 3 Feb 2021

Name: JOHN WICK			Name: LEE WAI KAI			
Country: USA			Country: CHINA			
MERAH			BIRU			
Total Score	Penalty	Score	Round	Score	Penalty	Total Score
13		1 1 1 2 2 3 3	1	1 1 1 3 3	-1	8
12	-1	1 1 1 2 2 2 2 2	2	1 1 3 3 3		11
9		3 3 3	3	1 1 1 1		4
34	Final Score				Final Score 23	

Match Result
Corner: Red Round: 3
Won by: Points / TKO / Absolute / Disqualification / RSC / Walk Over
Juri No: 2
Juri Name: Paul Signature: [Signature]

**Pencak Silat Competition Form
Match
Score Sheet for Juri**

Match No. 64 Category: Match Male A Date: 3 Feb 2021

Name: JOHN WICK			Name: LEE WAI KAI			
Country: USA			Country: CHINA			
MERAH			BIRU			
Total Score	Penalty	Score	Round	Score	Penalty	Total Score
16		1 2 2 2 3 3 3	1	1 1 1 3 3 3	-1	11
10	-1	1 1 1 2 2 2 2	2	1 1 2 3 3 3		13
10		3 3 3 1	3	1 1 1 1		4
36	Final Score				Final Score 28	

Match Result
Corner: Red Round: 3
Won by: Points / TKO / Absolute / Disqualification / RSC / Walk Over
Juri No: 3
Juri Name: Tracy Signature: [Signature]

For athletes to earn points, points will be recorded and accepted when two out of three Juries give the points.
Points will not be given if only one out of three Juries presses the button.

Council will be the one to collate the points and scores.

**Pencak Silat Competition Form
Match
Score Sheet for Juri**

Match No. 64 Category: Match Male A Date: 3 Feb 2021

Name: JOHN WICK			Name: LEE WAI KAI			
Country: USA			Country: CHINA			
MERAH			BIRU			
Total Score	Penalty	Score	Round	Score	Penalty	Total Score
15		111 222 33	1	11111 33	-1	10
10	-1	111 2222	2	1 333		10
9		333	3	11		2
34	Final Score			Final Score		22

Match Result
Corner: Red Round: 3
Won by: Points / TKO / Absolute / Disqualification / RSC / Walk Over
Juri No: 1
Juri Name: Siti Ayu Signature: [Signature]

**Pencak Silat Competition Form
Match
Score Sheet for Juri**

Match No. 64 Category: Match Male A Date: 3 Feb 2021

Name: JOHN WICK			Name: LEE WAI KAI			
Country: USA			Country: CHINA			
MERAH			BIRU			
Total Score	Penalty	Score	Round	Score	Penalty	Total Score
13		111 22 33	1	111 33	-1	8
12	-1	111 222 33	2	11 333		11
9		333	3	1111		4
34	Final Score			Final Score		23

Match Result
Corner: Red Round: 3
Won by: Points / TKO / Absolute / Disqualification / RSC / Walk Over
Juri No: 2
Juri Name: Paul Signature: [Signature]


**Pencak Silat Competition Form
Match
Score Sheet for Juri**

Match No. 64 Category: Match Male A Date: 3 Feb 2021

Name: JOHN WICK			Name: LEE WAI KAI			
Country: USA			Country: CHINA			
MERAH			BIRU			
Total Score	Penalty	Score	Round	Score	Penalty	Total Score
16		1 222 333	1	111 333	-1	11
10	-1	111 2222	2	11 333		13
10		333 1	3	1111		4
36	Final Score			Final Score		28

Match Result
Corner: Red Round: 3
Won by: Points / TKO / Absolute / Disqualification / RSC / Walk Over
Juri No: 3
Juri Name: Tony Signature: [Signature]

After the calculation, Council will transfer the scores to the Match Result Form, then it will be given to Competition Chairman to endorse and make the announcement.



Pencak Silat Competition Form Match Result

Match No. 64 Category: Match Male A Date: 3 Feb 2021

MERAH	BIRU
Name: <u>JOHN WICK</u>	Name: <u>LEE WAI KAI</u>
Country: <u>USA</u>	Country: <u>CHINA</u>

Match Result
 Corner: Red Country: USA
 Name: JOHN WICK

Won By: Points TKO / Absolute / Disqualification /
 RSC / Walk Over

Juri	Score		Winner
	Merah	Biru	
1	34	20	Red
2	32	23	
3	32	23	

Wasit: Park Lee

Compiled by Dewan:
 Name: Mega
 Signature: Mega

Verified by Competition Chairman:
 Name: AHMAD
 Signature: Ahmad

Article 17: VAR Protest System

When a Coach Protest is made, the Council will take note of the issue and the Protest Commissioner will be informed.



Upon confirmation of the issue, the Protest Commissioner will automatically check the VAR Protest System. The system will show frame by frame shots of the match, and the Protest Commissioner will need to evaluate properly.



There are 4 to 8 camera angles, therefore the Protest Commissioner must evaluate all angles before making an unbiased decision.

To announce the decision, the Protest Commissioner will only need to raise one of the following cards:







The Protest Commissioner will possess one set each corner to announce the decision whether it is valid or invalid. And each set of cards will have a tick (✓) and a cross (✗) for blue and red corner.


Requirements for the cards as follow:


- Acrylic Card (in Red & Blue)
- To be printed front and back (i.e. X & X front and back, and ✓ & ✓ front and back)



Following are how the Protest Commissioner showcasing their decision:

Results	Card
The Protest Commissioner accepts Red Corner Coach protest. The protest is valid.	
The Protest Commissioner rejects Red Corner Coach protest. The protest is invalid.	




Results	Card
The Protest Commissioner accepts Blue Corner Coach protest. The protest is valid.	
The Protest Commissioner rejects Blue Corner Coach protest. The protest is invalid.	








Results	Card
The Protest Commissioner did not accept the protest. The protest is invalid for both corners.	

Results	Card
<p>The Protest Commissioner will show the following cards only when there is a request from the Technical Officials (Wasit or Competition Chairman) on duty to view the VAR System.</p> <p>This is to answer on the request from the Technical Officials.</p> <p>*Corner Coach are not allowed to state/show their protest on the results whenever Wasit requested to view the VAR System.</p>	

Results	Card
<p>The Protest Commissioner will show the either one of the cards only when there is a request from the Technical Officials (Wasit or Competition Chairman) on duty to view the VAR System.</p> <p>This is to answer on the request from the Technical Officials.</p> <p>*Corner Coach are not allowed to state/show their protest on the results whenever Wasit requested to view the VAR System.</p>	
	

The list of equipment required for the VAR System are as below:

No.	Item	Photo	Description	Quantity
1	Zoom Q2N-4K Video Camera		To capture the action for protest For best result – 8 units	4 to 8
2	BLACKMAGIC Atem Mini Extreme		To connect 4 to 8 cameras	1
3	BLACKMAGIC Hyperdeck Studio Mini		For playback purpose	1

4	SD Card		To save the video from camera	3
5	External Hard Disk		To transfer the video	1
6	Monitor Screen		For Technical Official to review videos	1
7	Aluminum Tripod		To hold the camera at 4 to 8 angles	4 to 8
8	Laptop		To manage the system	1
9	TV Screen 55"		To project to audience	1
10	Electrical Wire and Cable		For connectivity	<i>n</i>

Article 18: Penalty Card



Yellow & Red Card

All accredited person is required to adhere to the code of ethic. Failing which, a penalty card will be issued to them.

If an issue or fights arises where a Technical Official (Chairman, Council, Wasit Juri), Team Official (Team Manager, Coaches) or Athlete breaks the code of conduct, firstly, the Air Horn will be sounded to notify on all on-going movements in the competition arena to be stopped at once.



The immediate penalty will be the yellow or red card, depending on the severity of the issue. The Disciplinary Committee will discuss further and advice the International Pencak Silat Federation on what further action to be taken.

Code of Ethics – Technical Official

All Wasit-Juri are:

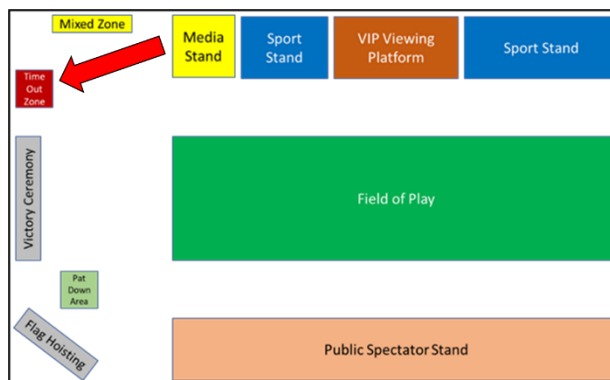
15. Binded by the International Pencak Silat Competition Rules & Regulation;
16. Required to uphold the integrity of the International Pencak Silat Competition Rules & Regulation, the name of Pencak Silat, and as a certified Wasit-Juri of International Pencak Silat Federation;
17. Required to be aware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

For Technical Officials who break the Code of Conduct

The following action will be taken against him/her accordingly:

First offence

7. A Yellow Card will be issued
8. Offender will be escorted to the Time-Out Zone
9. Offender will need to be seated at the Time-Out Zone for a period of 3-hours
10. The Disciplinary Committee will discuss and decide for any further action to be taken against the offender



For repeated offence

1. A Red Card will be issued
2. Will not be allowed to be on duty. And not allowed to be near the Field-of-Play (FOP) for the remaining of the event
3. Offender will not receive allowance for remaining period
4. Disciplinary Committee will advise the International Pencak Silat Federation on further actions to be taken against the offender

For any decision made against the offender, the Disciplinary Committee will discuss and decide on the further action to be taken, after getting approval from PERSILAT.

Code of Ethics – Officials

Team Manager is required to:

13. Understand fully and adhere to the International Pencak Silat Competition Rules & Regulations;
14. Know and understand fully the process and practice of the games and competitions;
15. Know and understand medical injury and medical evacuation processes;
16. Respect the rights of every individual to participate in the competition;
17. Develop a mutual relationship and understanding with athletes that is based on responsibilities (demonstrate proper personal behaviour and conduct at all times);
18. Demonstrate a positive attitude at all times throughout the competition period;
19. Be responsible for all their athletes during the competition and ensuring that safety is their first priority;
20. Not showcase any unethical or unruly behaviour (verbal or non-verbal);
21. Not to shout and show of unruly behaviour to the competition officials, organizer, or host country for any dispute on competition made;
22. No grouping up in any manner with the intent to make the championship a failure;
23. Should not threaten organizing committee / organizer, Wasit-Juri, athlete, opponents, spectators, or members of the public;
24. 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:

10. Educate the athletes through communicating ideas and concept of Pencak Silat competition;
11. Improve athlete technical ability by applying knowledge and skills in relation to Pencak Silat;
12. Demonstrate proper personal behaviour and conduct at all times throughout the competition period;
13. Ensure their athletes execute safe and correct techniques during games, without intention to injure opponent at illegal area;
14. Understand fully and adhere to the International Pencak Silat Competition Rules & Regulations;
15. Know and understand fully the process and practice of the games and competitions;
16. Not shout or swear to Wasit-Juri on duty that can or may spark a fight or riot amongst contingents;
17. Not influence the act or decision of the Wasit-Juri officiating the games;
18. Not threaten the off or on duty Wasit-Juri as it may result in the decision making of the Wasit-Juri.

For Coach/Cornerman who break the Code of Conduct

The following action will be taken against him/her accordingly:

First offence

1. A Yellow Card will be issued either by Wasit, Competition Chairman, Technical Delegate
2. Will not be allowed to be on duty for its team for the next three (3) games – for Coach
3. Will not be allowed to be on duty for its team for the remaining days of the competition – Team Manager

For repeated offence

1. A Red Card will be issued either by Wasit, Competition Chairman, Technical Delegate
2. Will not be allowed to be on duty for its team for the remaining of the event
3. Offender will be barred as official on-duty for at least two (2) future major competitions (World Championship, Asian Championship, Asian Games, SEA Games)

Code of Ethics – Athlete

All Competitors are believed to:

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

For Athlete who break the Code of Conduct

The following action will be taken against the athlete accordingly:

First offence

1. A Yellow Card will be issued by Wasit
2. 20 points will be deducted immediately from points the athlete has scored in the current game
3. Athlete is still allowed to continue with the game

For repeated offence

1. A Red Card will be issued Wasit

2. Offender will be disqualified immediately
3. Athlete is not allowed to continue with the remaining game (if any) throughout the competition days
4. Athlete will be barred from representing its country for a period of one-year

For Others (Spectators, Supporters, etc) who break the Code of Conduct

The following action to be taken as follow:

1. Upon an initial incident of verbal abuse directed towards technical officials on duty during on-going match, any athletes and/or officials, Wasit will stop the on-going game. ITD/ATD will then proceed to Team Manager to notify about the incident, to warn the Team Manager, and allowing the Team Manager to advise their team. This is with issuance of a Yellow Card to the Team Manager.
2. If incident occurs, will cause for stoppage of the match, and on duty Competition Chairman will immediately stop the game and sound the air-horn. All movements in the Competition Arena to be stopped at once.
3. Security Team will be notified to remove the involved external supporters/spectators out of the Competition Venue.

A fine will be issued if the following takes place:

1. Verbal Abuse
 - a. Hurling Vulgarities
 - b. Name Calling
 - c. Insulting
2. Physical Abuse
 - a. Starting a fight
3. Abusive Hand Gesture
 - a. Middle Finger
 - b. Etc
4. Destruction of Property
 - a. Damaging competition equipment

Article 19: Medical Protocol



Medical Standby

For one arena, following are the requirement needed throughout a competition:

No.	Item	Quantity
1	Room	1
2	Tables	1
3	Chairs	3
4	Ambulance	1
5	1 Team	1 Doctor 2 Paramedic 1 Ambulance Driver
6	Stretcher	1
7	Wheelchair	1
8	Medic Bag	1
9	Medic Bed	2
10	Ice Box	1
11	Plastic Wrap	1 roll

Medic Bag

No.	Item	Quantity
1	Waterproof Dressing Strip 7.5cm x 1m	1
2	Microporous Tape 1.25cm x 10m	1
3	Instant Hot Pack	1
4	Instant Ice Pack	1
5	Sterile Moist Cleansing Wipes (pack of 10)	1
6	Non-sterile Disposable Triangular Bandage 90cm x 90cm x 130cm	1
7	Low-adherent Absorbent Dressing Pad 5cm x 5cm	1
8	Low-adherent Absorbent Dressing Pad 7.5cm x 7.5cm	1
9	Tuff-Kut Scissors	1
10	Green Plastic Tweezers 11.5cm	1
11	Nitrile Powder-free Gloves, Medium (pairs)	1 box
12	Eye Wash Bottle 250ml	1
13	Hand Sanitizer 500ml	1
14	Face Shield	1
15	Burnshield® Burn Blott Sachets 3.5g	1
16	Washproof Plasters, Standard Clear Assorted Sizes	2 packs of 10
17	No. 16 Sterile Eye Pad Dressing	1
18	Medium HSE Sterile Dressings 12cm x 12cm	2
19	Large HSE Sterile Dressings 18cm x 18cm	1

Competition's Doctor

1. Every competition must have a medical team on standby which consist of the following:
Doctor, Paramedic, Ambulance Driver, Ambulance on standby.

2. Medical Team need to undergo briefing and training before they can be on duty during games. Medical Team must be present throughout the competition.
3. At the request of the Wasit, the medical team will enter the arena to examine, treat and evaluate an Athlete's injury.
4. The processes are as below:
 - a. The Medical Team will enter the arena when the Wasit request for evaluation and/or assistance in evaluation and treating and injured athlete.
 - b. The Medical Team will be given a maximum of five minutes for treatment
 - c. The Medical Team should bring gloves, oro-pharyngeal tube, clean gauze pads, and a penlight into the Arena.
 - d. The Medical Team must perform an independent evaluation on the injury and must not let Athlete influence any decision.
 - e. If athlete is unfit, the Medical Team need to clearly show the "NO-GO" sign by crossing their arms twice above their head.
5. The result of the Medical Team evaluation will determine if the Athlete can continue the match.
 - a. If Athlete is not fit to continue with current match, the Medical Team will need to re-evaluate the Athlete before their next match.
 - b. If Athlete fails to clear the re-evaluation, they will not be able to compete in the next match.
6. If the Medical Team deems that the athlete is unfit to continue with the match, they must mention the reason for the decision.
7. The decision by the Medical Team is final.

Ambulance on Standby

1. There must always be at least one ambulance on standby.
2. The ambulance must arrive before the start of the first match.
3. The ambulance may only leave the venue after all contingents leave the venue.
4. There must be proper and near-by parking space for the ambulances just outside the hall.

5. Ambulance staff must have ALS (Advanced Life Support) skills

Medical Team Evaluation

The medical team is usually asked to examine 1 of 4 conditions:

1. Cut
2. Nosebleed
3. Unsteadiness, balancing problem after a blow to the head
4. Some other injury like shoulder, knee, ankle, etc.

Cuts

When evaluating a cut, the Medical Team must consider the:

1. Length of Cut
2. Depth of Cut – abrasion, epidermal, dermal, sub-dermal
3. Is it a Dry Cut (not bleeding or only slightly) or a Bloody Cut?
4. Location

Occasionally, a cut will be in an area where deep structures may be injured. In Pencak Silat, it is still unusual to have to stop a match unless lacerations are quite deep and severe.

The Medical Team has the following possible decisions to make:

1. Let the match continue if the cut is treated and dressed to stop the bleeding.
 - a. Vaseline to be used to cover the cut and stop the bleeding
 - b. No injury bandages allowed as it disrupts the flow of the match.
2. Most cuts will not require the match be stopped. The Medical Team must evaluate the cut and consider the following:
 - a. Is there significant bleeding? Stop the bout if there is an arterial bleed or extensive venous bleeding.
 - b. Is there a transdermal cut over important structures such as the supraorbital nerve, the supratrochlear?
 - c. Nerve, etc.
 - d. Does the bleeding affect the Athlete's Breathing or Vision?

If the answer to any of these considerations is YES, then a match should be stopped.

If not, the match can continue, but the wound must be continuously observed.

Nosebleeds

An athlete can continue to compete with a nosebleed unless there is one of the following conditions:

1. Arterial bleed from the nose
2. Excessive venous bleeding
3. Septum Hematoma
4. Naso-ophthalmo-ethmoidal Fracture
5. Extreme pain from a fracture
Nosebleeds usually occur after injury to vessels in the Kiesselbach plexus in the anterior nasal septum region (anterior nose bleeds).

Occasionally, epistaxis can have a posterior origin and these bleedings, though rare, can be difficult to manage. Epistaxis is usually caused by local trauma or irritation but can be associated with systemic conditions such as a coagulation disorder or hypertension – these conditions should be excluded in the medical examination.

“Management of Nosebleed: If there is a venous bleed, compress both nares and observe if the Athlete winces with pain. If so, there is probably a fracture present and the Athlete should be removed from the Arena for further examination at the medical room. If the Athlete does not seem to be in pain, continue to exert pressure on the nares and inspect the mouth for blood. The presence of blood in the back of the mouth or behind the uvula and soft palate indicates significant, and possibly posterior, bleeding and the Athlete should be removed from the Arena for further examination. If the Athlete is stable, there is no sign of arterial bleeding, the athlete is not in pain and the bleeding ceases after compression of the nares, make a quick concussion assessment and if OK, the Athlete may continue (in Pencak Silat this examination is rudimentary as the time allowed does not allow the Medical Team to conduct a proper evaluation).”

Concussion/Head Blow

A Referee should stop a match if the Athlete is demonstrating signs of altered consciousness. Occasionally, the Medical Team will be called to evaluate an Athlete for Concussion.

It is not possible for a Medical Team to conduct a proper Concussion Evaluation on an Athlete in the short evaluation period. Therefore, the Medical Team must:

1. Evaluate the Athlete’s state immediately after the blow – stunned, unbalanced, uncoordinated.
2. Evaluate the Athlete’s approach to corner – unbalanced, swaying and abnormal?
 - a. Is the Athlete disorientated, vacant or dismayed?
3. Check Pupils – equal, reactive, nystagmus
4. Check for signs of cranial nerve weakness,
5. Speak to athlete – are responses adequate – incorrect, slurred?
 - a. This is difficult to assess if the Doctor and the Athlete do not speak the same language
6. Conduct balance test

“If the Medical Team has any indication that the Athlete’s response is abnormal or there is a suspicion of a concussion – the match must be stopped, and the Athlete sent to the Medical Room for a Concussion Evaluation.”

Management of a “Down Athlete” in the Arena

The Wasit will always call the Medical Team into the Arena if there has been a Knock-Out (KO) or serious injury to an Athlete. The Medical Team should enter the Arena as soon as possible and go straight to the fallen Athlete.

Unresponsive Athlete without spontaneous respiration (Non-Convulsing)

If an Athlete has fallen to the floor ground

1. Enter the Arena
2. Remove body protector and mouth guard (if any)
3. If not breathing spontaneously – perform a chin lift and jaw tilt
 - i. Look for a sign of broken teeth
4. If still not breathing spontaneously, initiate CPR and prepare AED.

Unresponsive Athlete with spontaneous respiration (Non-Convulsing)

1. Enter the Arena
2. Remove body protector and mouth guard (if any)
3. Evaluate responsiveness quickly, Check pupils
4. Clear airways, observed for broken teeth
5. If not able to hold mouth open – chin lift/jaw thrust
6. Cervical protection – inline cervical protection
7. Log Roll into recovery position
8. Once the support staff arrives, roll Athlete’s back onto a scoop stretcher then into a basket stretcher and transfer Athlete from Arena to Medical Room

Convulsing Athlete’s Convulsions/seizures

Are not usually dangerous and few athletes, if any, suffer sequelae after a convulsion – if the convulsion was post-traumatic and that there is no serious brain pathology. Convulsions are not common in Pencak Silat but can be dramatic. Post-traumatic convulsions usually occur within 2 seconds of impact and can last for some seconds to several minutes. Convulsions that last several minutes should cause more concern and if approaching 5 minutes, sedatives must be administered – usually 5 mg Diazepam intravenously per minute until the seizure stops (10 – 20 mgs usually suffices) or Midazolam 5 mg buccal. Avoid giving rectal doses in the Arena. Should the convulsions not cease after the first administration of sedatives a repeat dose can be administered after 10 minutes. All Athletes who have received a head blow and who later get a convulsion must be sent to a neurological unit for further examination. Despite this, post-traumatic convulsions are not necessarily associated with structural brain damage or with the development of epilepsy and have a good outcome and there seems to be little evidence of long-term cognitive damage for single episodes.

Sometimes the athlete awakes and reacts aggressively – be aware of this. Once the athlete recovers, check the pupils and check light reflexes. The Athlete leaves the Arena with support

and must undergo an examination in the Medical Room before being sent to hospital for further examination.

Treatment Unconscious Convulsing Athlete in the Arena:

1. Enter the Arena
2. Remove body protector and mouth guard (if any)
3. If possible – Clear airways
4. Observe athlete while convulsing
5. If convulsion is approaching 5 minutes – danger of status epilepticus – Athlete needs sedative
6. IV Diazepam! Buccal Midazolam
7. Cervical protection – inline cervical protection – Log Roll
8. Roll Athlete back onto Backboard – Secure – Transfer supporting neck and airway

Removing a Seriously Injured Athlete from the Arena

Perform any necessary lifesaving treatment in the Arena. If the patient is stable, then secure and immobilize the patient before transporting out of the Arena directly to the ambulance. Repeat a full Primary Survey in the ambulance before departing. Ensure that an IV line has been inserted. There is no point in taking a seriously injured athlete to the Venue Medical Room as this will just delay treatment. If a spinal injury is suspected, then extra attention must be given to spinal immobilization. If the patient is unconscious ask the coach, trainer, teammates or bystanders if they have any relevant information before leaving the venue.

Do not, under any circumstances, be pressurized by team officials into moving a seriously injured patient if you believe that movement would compromise life or limb however a rapid and safe extrication to a safe area is usually the best course of action. If an Athlete is unable to walk from the Arena, then assistance should be offered, or the Athlete should be carried. Athlete will usually decide themselves if they are incapable of walking unassisted but should be encouraged to lie down and wait for the stretcher if there is the potential for serious injury or lower extremity fracture. Carrying a casualty from the Arena needs training and repeated practice if it is to be carried out without injury to the athlete or the carrying team. Ensure that the equipment to be used is adequate for the size and weight of the athlete to be evacuated and that the team carrying the athlete is physically capable of lifting and carrying the casualty.

The Field of Play (FOP) medical team leader must coordinate and supervise the evacuation. The evacuation route must be as direct as possible and must not include stops to allow the carrying team rests or changes of position, as necessary.

Knock-Out (KO) or Technical Knock-Out (TKO)

All athletes who have lost by KO or TKO, unless they have been transferred to hospital, must report to the Medical room for a medical examination. The Medical Team will decide if a Sport Concussion and Assessment Tool (SCAT) 5 evaluation needs to be performed.

Knock-Out is a fight-ending, winning criterion in several full-contact combat sports, which involves striking (valid or legal). The term is often associated with a sudden traumatic loss of consciousness caused by a physical blow.

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

Evaluating a Head Injury

All Athlete who have suffered a potentially serious head blow after a Technical Knock-Out or Knock-Out, who have received multiple head blows during the match must be examined in the Medical Room after leaving the Arena. The Medical Team will conduct an immediate Head Injury evaluation and if OK, a Concussion evaluation. It is often better to wait 30-minutes after the Head Injury Evaluation before conducting a concussion evaluation as many findings may be delayed. In such cases a Sport Concussion and Assessment Tool (SCAT) 5 Card must be completed. The Medical Team must note an appropriate restriction period for the athlete to return to sport.

Sending an Athlete to Hospital

If an Athlete is sent to hospital, the Medical Team must get the name of that hospital and be in contact with the Paramedic that accompanies the Athlete. If the Paramedic does not speak English, then the Athlete must also be accompanied by an English-speaking volunteer. In case of a head injury, ensure that the hospital has Computed Tomography (CT Scan) facilities.

In summary, following are the common injuries prone to happen to a Pencak Silat Competitor during games:

1. **Dislocation or Dislodge**
 - a) Toe
 - b) Finger (phalanges and metacarpal bones)
 - c) Elbow
 - d) Shoulder
2. **Fracture**
 - a) Wrist
3. **Knee Injury**
 - a) Anterior Cruciate Ligament (ACL)
 - b) Posterior Cruciate Ligament (PCL)
 - c) Medial Collateral Ligament (MCL)
 - d) Lateral Collateral Ligament (LCL)
 - e) Tendon Tears
 - f) Meniscus Tears
4. **Cuts**
 - a) Eyebrows
 - b) Lips
 - c) Between toes & fingers
 - d) Cheekbone
5. **Concussion**

Article 20: Front of House & Back of House

When running a Pencak Silat event, there are 2 main areas that you are required to focus on:

1. Front of House (FOH)
2. Back of House (BOH)

Article 20.1: Front of House

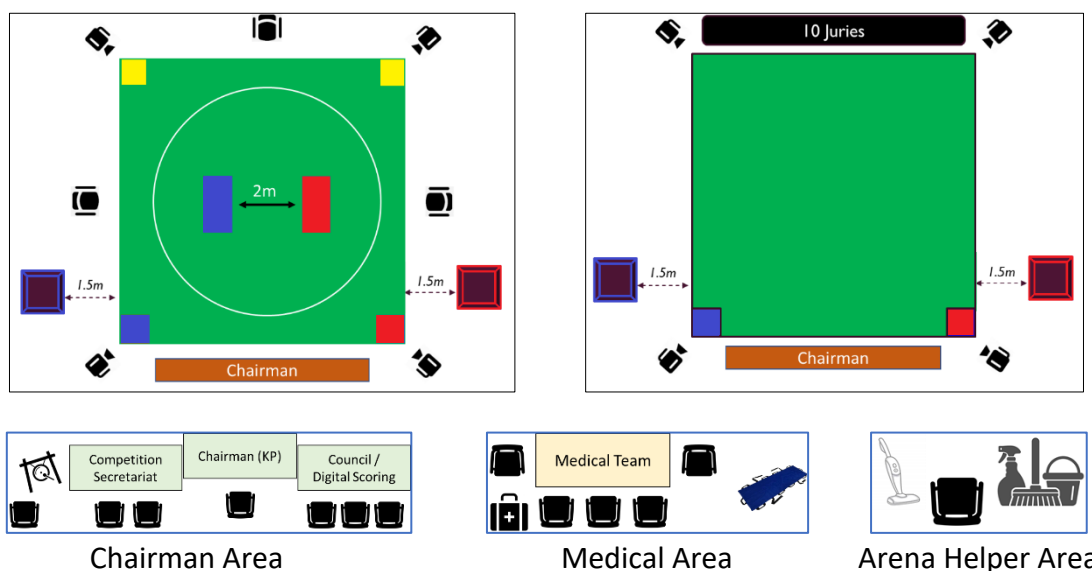
Front of house, or FOH, is a quick way of referring to the front part of an event. The term usually means all the public area of the event, which includes the following:

1. Field of Play (FOP)
2. Sport Stand
3. Public Spectator Stand
4. Media Stand
5. VIP Viewing Platform
6. Mixed Zone
7. Pat Down Area
8. Victory Ceremony Area
9. Time out Zone
10. Pop Up Changing Room

Field of Play (FOP)

In Pencak Silat, the FOP refers to the Competition Arena. Spectators are not allowed to be in the FOP. A standard FOP for Pencak Silat includes the following:

1. 10m by 10m Puzzle Mattress (Approved by PERSILAT)
 - a. 92 Green, 3 Red, 3 Blue, 2 Yellow
2. Table for Competition Chairman, Council, Secretariat Team
3. Table for Medical Team, fully equipped with Medical Items
4. Arena Helper



Sport Stand

Sport stand is the designated seating area for contingent that is registered and has an accreditation pass. For major event, the contingent will be separated from the public due to security reasons.

Public Spectator Stand

Public spectator stand is the designated seating area for the public. Whether the event is ticketed, or free, the public will be separated from the contingent.

Media Stand

Media stand is the designated seating area for all medias, reporters, photographers, etc. This area is usually situated near the mixed zone, so if they want to interview an athlete, they can approach them as they leave the FOP and wait for them at the mixed zone.

VIP Viewing Platform

The VIP viewing platform is for Guest of Honour, invited guest, and other important or relevant individual. This platform, or stage, will be elevated for the guest to have a full view of the Field of Play.



Mixed Zone

The mixed zone is where Athletes meet with the media after they finished competing at an event. The media generally conduct short interviews with the athletes here.

Pat Down Area

Pat-downs consist of a hands-on search of the athletes for unallowable items. Several factors must be checked by the pat down officer:

1. Uniform
2. Groin Guard
3. Accessories or Jewelleries
4. Fingernails
5. Body Protector

6. Any Hard Material Guards
7. Female Athlete with Hijab

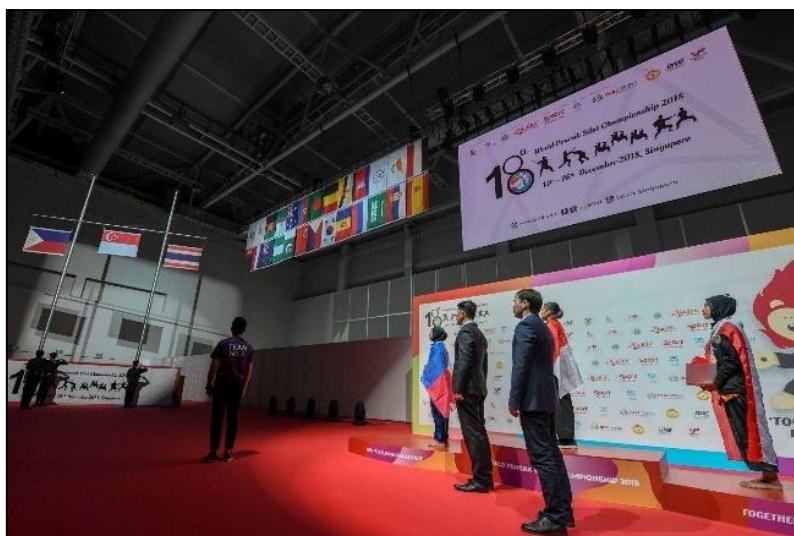
What do a Pat Down Officer have to do a thorough check?

1. Check body, arms, and legs for any use of illegal or sharp items. Only the following optional protective equipment is allowed:
 - i. Mouthpiece / Mouthguard
 - ii. Step shin guard (No soccer shin pad allowed)
 - iii. Forearm guard
 - iv. Hand wrap using Kinesio tape (Boxing hand-wrap not allowed)
2. Check for piercings on lips, nose, ears, eyebrow, etc.
 - i. Athletes are required to
1. Check for additional accessories like rings, wrist bands, bracelets, necklace, etc.
2. Make sure athlete is wearing the compulsory protective equipment
 - i. Vest is worn properly
 - ii. Groin Guard
5. Make sure athlete fingernail and toenail are short.
6. For female athlete:
 - i. Not wearing tudung: No hair pins, hair clips, or any additional hair accessories other than hair tie.
 - ii. Wearing tudung: Only black coloured and must be tucked in and tied knots. No safety pins, brooches, or any sharp accessories.
7. Ask verbally:
 - i. Do you have an extra set of uniform and silat pants with no pockets on standby?
 - ii. Do you wear contact lens? If yes, do you have an extra pair or sports goggle on standby?

Victory Ceremony Area

The victory ceremony area must include the following items:

1. Winners Podium
2. Winners Backdrop
3. Flag Hoisting (With Joint Bronze)



Time Out Zone

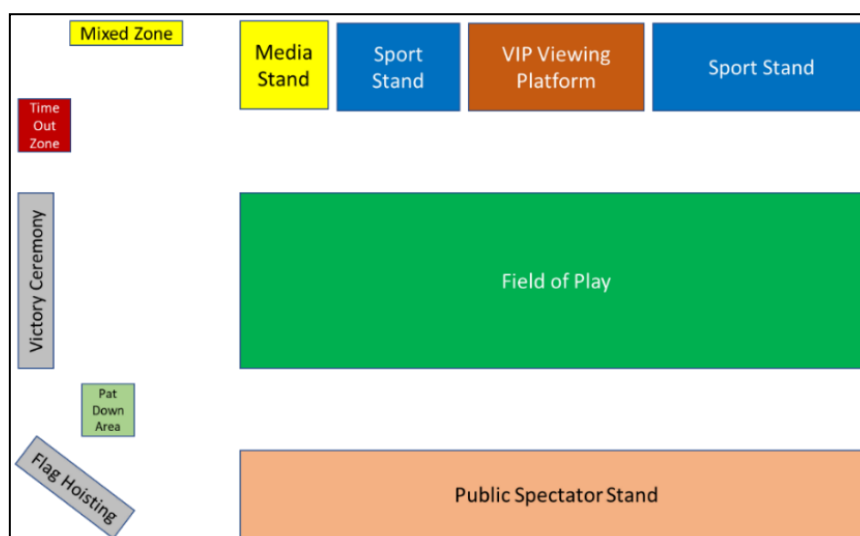
The Time Out Zone is where the Technical Officials will be placed for a period of 3 hours if they receive a yellow card from the Disciplinary Committee for breaking the Code of Ethics. The zone will need chairs and barricade.

Pop-Up Changing Room

The Pop-Up Changing Room is placed at the Front of House specifically to be used for the athlete who needs to change their Silat uniform (either top or bottom) during the game.



Sample Floorplan for Front of House

Article 20.2: Back of House

Back of house, or BOH, is the part of the event that the public do not see.

The Back of House includes the following:

1. Technical Officials Room
2. Technical Delegate Room
3. Competition Secretariat Room
4. Victory Ceremony Room
5. Weigh-in Room (Male & Female)
6. Medical Room
7. Overall Operation Room
8. Body Protector Collection Area
9. Athlete's Holding Area

Technical Officials Room

All Technical Officials not on duty are required to stay in the Technical Officials Room. The room will be equipped with the following:

No.	Item	Quantity
1	Table	4
2	Chair	30
3	LED Screen / TV	2
4	Refreshments (Food & Drinks)	For total number of TO on duty.
5	Competition Schedule	2

Technical Delegate Room

When resting, the technical delegates can rest in their room. The technical delegate room will be equipped with the following: Tea-time snacks, coffee and tea, competition schedule (printed and pasted on the wall), screening of the ongoing match, WiFi connection.

Competition Secretariat Room

The Competition Secretariat Room is where all the daily schedules are prepared and printed. The competition secretariat will need the following: double sided photocopier machine, printer, paper, pen, stapler, paper clip, binder clips, calculator, WiFi connection.

Victory Ceremony Room

The victory ceremony room will be where the medals, mascots, trophy, certificate and other awards be kept. On top of the awards, the medallist flag for the flag hoisting will also be kept, ironed, and prepared in the room. The room will require the following: medal tray, steam iron, hangers, clothing rack.

Weigh-in Room (Male & Female)

As athletes can strip down completely naked for weigh in now, it must be done in a close room. The room will require the following:

No.	Item	Quantity
1	Table	3
2	Chair	3
3	Weighing Machine (Calibrated)	1
4	Body Protector	5 Pair Each
5	Competition Schedule	2
6	Re-weighing Form	2
7	Weigh Category Chart	2
8	Name List of Competitors	2
9	Pen	3
10	Red & Blue Sash	5 Pair Each

Medical Room

The medical room will be used when an injured athlete requires further medical evaluation. The room will be equipped with the following: portable medical bed, partition screen, medical necessity.

Overall Operation Room

The overall operation room is where the organizing committee will be resting during break. The room will require the following: Printer, Wi-Fi connection, Power-point, etc.

Body Protector Collection Area

Athletes will collect their body protector about 15 minutes before their match. The body protector collection area will need the following: Competition schedule, body protector of all sizes.

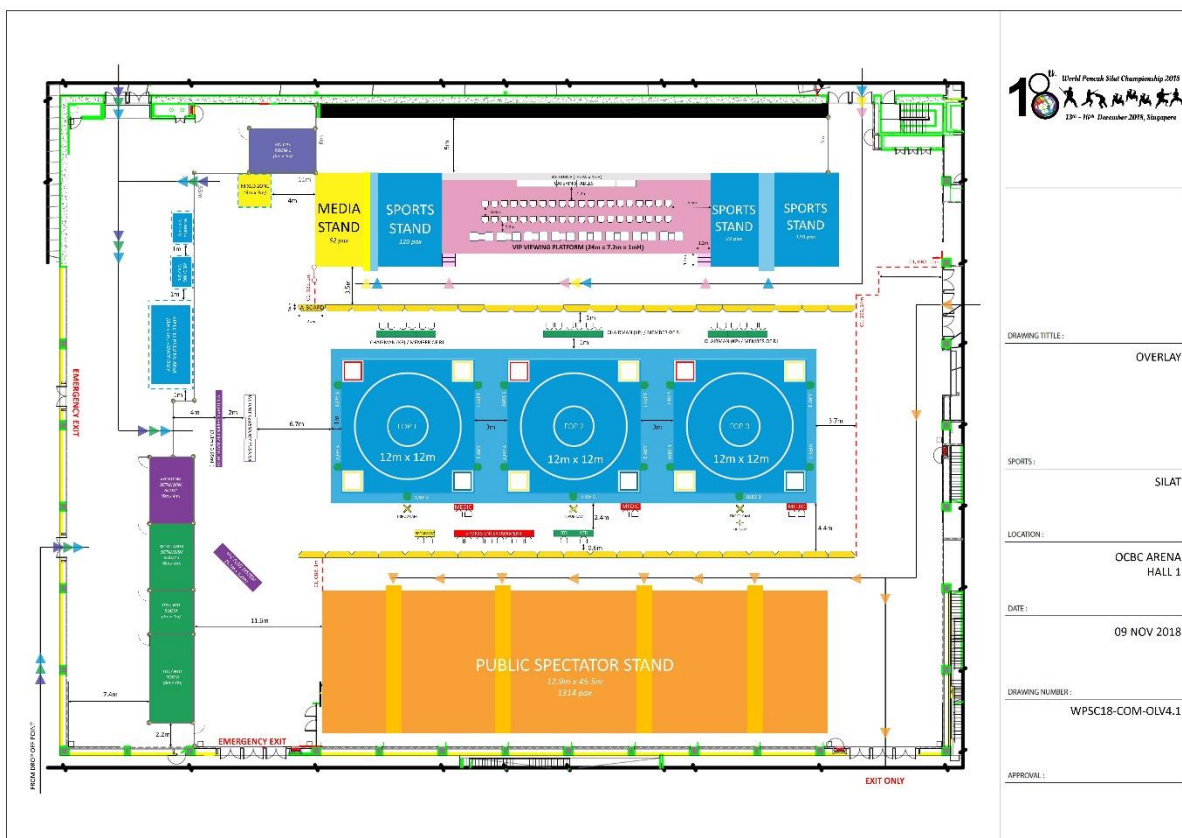
Athlete’s Holding Area

The Athlete’s Holding Area is an area where athletes are gathered before they proceed to the Field of Play or also known as place for Pat-Down Checks.

In this area, the athletes will prepare for their match, accompanied by the Corner Coach.

Before going to the arena, the athlete will be checked on by Pat-Down Official on the body protector, guards, mouth-piece guard, nails, etc. The area needs the following equipment: chairs, signages, etc.

Sample for Full Layout (BOH & FOH)



Effective Communication Between the Front and Back of House is Key

A quite typical problem is a lack of communication and animosity between the back-of-house and front-of-house. Often, when things go wrong during busy periods, the FOH blames the BOH, and vice versa.









Usually, this comes down to a break-down in the lines of communication.


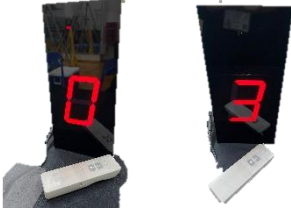
Many event companies use an expeditor to help with this problem. An expeditor is a liaison between the BOH and FOH and works to make sure the event runs smoothly. In simpler term, a floor manager. The floor manager will handle the flow of the event, and conduct briefings prior to start of event including the BOH and FOH leaders, to ensure that the communication line is clear.









Article 20.3: List of Competition Equipment

Following equipment are estimated items used based one (1) competition arena. Set-up may vary on each Pencak Silat event.

No.	Equipment	Qty	Photo
1	Arena Mattress (5CM) 92 Green, 2 Yellow, 3 Red, 3 Blue	1	
2	Warm Up Area Mattress (5CM) 10m by 10m	1	
3	Gong & Striker	1	
4	Red & Blue Flag <i>Only used for manual scoring</i>	3	
5	White Pylox Spray Paint	5	
6	String & Chalk	8m	
7	Round Light	1	
8	Result Light	1	

9	Microphone	2	
10	Stopwatch	2	
11	Air Horn*	1	
12	Clapper (Wooden)**	1	
13	Tables	12	
14	Chairs	25	
15	Power Cables (Multi Cable)	5	
16	Calculator Scientific Calculator	12	

17	Pens	2 Box	
18	Laptop	2	
19	Printer & Photocopier	1	
20	Coach Box (Red and Blue)*** 0.8m x 1.5m (height & width)	2	
21	Projector & Screen	1	
22	Weighing Machine (Calibrated)	2	
23	Countdown Timer**** (Will be used together with item 10 – stopwatch – in dropping technique processes)	1	
24	Body Protector 5 Pair Per Size		

25	Pail / Bucket Red & Blue (To be placed at Red & Blue Corner and at Coach Corner)	4	
26	Floor Towel Red & Blue	1	
27	Mop with Bucket (To clean and clear any vomits, blood, etc in the arena)	1	
28	Disinfectant Spray (To disinfect after cleaning is done)	1	
29	Black Towel (To clean and clear any vomits, blood, etc in the arena)	2	
30	Winner Podium	1	
31	Flag Raising <i>For Victory Ceremony</i>	1	
32	Medals Gold, Silver, Bronze		

33	Trophy Best Male Athlete, Best Female Athlete, Best Wasit Juri	3	
34	Overall Champion Trophy 1 st , 2 nd , 3 rd Placing		
35	Certificate		

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

Anyone who are found to be involved in damaging or destroying the competition equipment throughout the competition period will be charged and required to pay the organizer or host country on the damages occurred immediately.

Additional Item – Air Horn



***Item 12 – Air Horn**

New inclusion to the list of competition equipment. To be used as follow:

1. Air horn will be horned if a fight breaks out during the event.
2. All arenas will be put on hold immediately until the situation is cleared.
3. Air horn to be handled by the Competition Chairman only.

If an issue or fights arises where a Technical Official (Chairman, Council, Wasit Juri), Team Official (Team Manager, Coaches) or Athlete breaks the code of conduct, firstly, the Air Horn will be sounded to notify on all on-going movements in the competition arena to be stopped at once.

Additional Item – Clapper

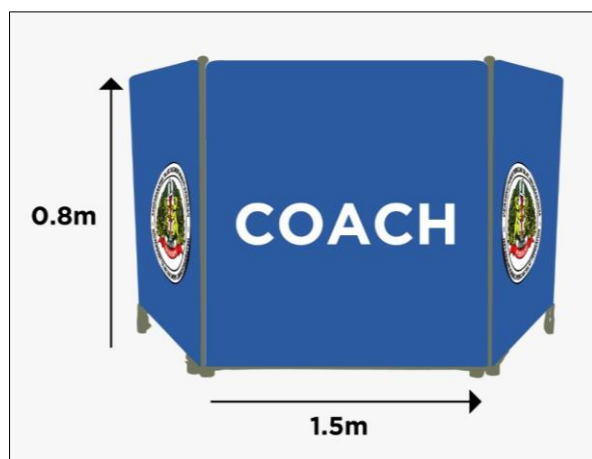


****Item 13 – Clapper**

New inclusion to the list of competition equipment. To be used as follow:

1. A clapper will clap at fifty (50) seconds during break in between rounds.
2. Upon hearing the clapper, Wasit must call both athletes from the red and blue corner to the centre of the arena.
3. To be handled by timekeeper.

Additional Item – Coach Box

**Dimension of the Coach Box**

Height : 0.8-metre

Width : 1.5-metre

*****Item 21 – Coach Box**

New inclusion to the list of competition equipment. To be used as follow:

1. There will be an allotted space for the Corner Coach on duty to stand/sit at the corner of the competition arena.
2. Where the Corner Coach can do his/her protest there.
3. The coach box will be situated at least 1.5-metre away from the Red/Blue corner.

Additional Item – Countdown Timer



******Item 23 – Countdown Timer**

New inclusion to the list of competition equipment. To be used as follow:

1. The device will be placed in front of appointed Technical Official on duty (sit external). Where he/she will assist the Wasit to count the 5-second's ruling upon witnessing the athlete in process to perform dropping technique (inclusive of pulling, tugging, locking).
2. Chairman will also be required to have Stopwatch placed in front of him.
3. Upon seeing the process of dropping, assigned Technical Official will need to click on the Start button at the device.
4. At 5-seconds, Wasit is required to stop the game with "Ti" as dropping process is given 5-seconds duration after hearing the alert/notification.

(Reference from page 118 on Aba-aba Invalid Drop)

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

- a. *Wasit will show the "Invalid Drop" if the dropping technique is unsuccessfully performed within the 5 second's rule.*
- b. *Should the dropping technique be successful, the Council will continue to record the point.*

Article 20.4: List of Manpower (Technical Officials)

Following are the required amount of manpower for International Technical Officials to be on duty for one (1) Field-of-Play or Arena.

Should the Host Country or Organizer decided to have more than one (1) arena, they are required to multiply the number of manpower required accordingly.

S/N	Role	Pax Required	Remarks
1	International Technical Delegate (ITD)	1	To oversee the management of a Pencak Silat competition and its Technical Officials.
2	Assistant Technical Delegate (ATD)	1	Assisting ITD accordingly.
3	Technical Chairman	1	Liaison person between Organizer and Technical Delegate.
4	Competition Chairman (Ketua Pertandingan)	5	Manage and be responsible for the smooth running of the competition.
5	Council of Wasit-Juri (Dewan)	5	In-charge of the deployment and appointment of Wasit & Juri to their respective matches.
6	Protest Commissioner	2	Focus on VAR System & make decision on protest.
	Operator	1	Manage & handle the system.
7	Wasit & Juri	15	Conduct the matches. Give points to valid attacks.
8	Pat Down Officer	4	Hands-on search before athlete entering the arena.
9	Scoring System Operator	2 1	Manage & handle the scoring system throughout the running of the matches.

Article 21: Safe Sport for PERSILAT

Safe Sport

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

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

1 Discriminatory Harassment

1. Racial Harassment
2. Gender Harassment
3. Religious Harassment
4. Disability-Based Harassment
5. Sexual Orientation-Based Harassment
6. Age-Based Harassment

2 Personal Harassment

1. Inappropriate comments
2. Offensive jokes
3. Personal humiliation

3 Physical Harassment

1. Physical attacks or threats

4 Sexual Harassment

1. Unwanted sexual advances conduct or behaviour.
2. Sharing sexual photos (pornography)
3. Posting sexual posters
4. Sexual comments, jokes, questions
5. Inappropriate sexual touching
6. Inappropriate sexual gestures
7. Invading personal space in a sexual way

5 Verbal Harassment

Purpose:

1. To protect the interests of staff, athletes, coaches, volunteers and technical officials in our sport from harassment and abuse.
2. To outline the principles that guide our approach to safeguarding and protecting staff, athletes, coaches, volunteers and technical officials.

3. To adopt practices and outline standards.
4. To establish a safe sport culture that is understood, endorsed and put into action by staff, athletes, coaches, volunteers and technical officials who work for, volunteer or access our activities, courses, events and programmes.

Responsibilities:

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

Management Committee of PERSILAT:

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

Staff and Board Members:

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

Commitment:

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

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

Commitment to Safe Sport:

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

PERSILAT minimize the likelihood of recruiting a person who is unsuitable:

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

We have recruitment procedures that ensure:

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

Procedures taken in case of harassment or abuse:

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

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

Annex 1 – Safe Sport Incident Report Form

PERSILAT believes each person related to the organization should be safe from any type of harm and is committed to safeguard all those that are vulnerable. If you happen to witness or are involved in any harm done to anyone related to the organization, please follow the steps below:

Procedures:

1. When you see any harm inflicted on any person related to PERSILAT, fill in the boxes below and email it to cb_persilat@yahoo.co.id.
2. The suspected person/s who were involved will be temporarily suspended from duty while the investigation is on-going.
3. The safe sport officer and disciplinary committee will conduct an investigation that will last between 1 to 2 weeks (or more depending on the amount of evidence).
4. Once concluded, the officer and disciplinary committee will inform the persons involved on the decision made.

Name of Person reporting suspected issue	
Mobile No. & Email Address	
Date of Incident	
Location/Venue of Incident	
Name of suspected person	
Name of others involved	
Team Name	
Incident report	

Article 22: Anti-Doping for PERSILAT

Anti-Doping

Definition _____ These Anti-Doping Rules are sport rules governing the conditions under which sport is played. Aimed at enforcing anti-doping rules in a global and harmonized manner, they are distinct in nature from criminal and civil laws.

They are not intended to be subject to or limited by any national requirements and legal standards applicable to criminal or civil proceedings, although they are intended to be applied in a manner which respect the principles of proportionality and human rights. When reviewing the facts and the law of a given case, all courts, arbitral tribunals and other adjudicating bodies should be aware of and respect the distinct nature of these Anti-Doping Rules, which implement the Code, and the fact that these rules represent the consensus of a broad spectrum of stakeholders around the world as to what is necessary to protect and ensure fair sport.

Based on the World Anti-Doping Code (Code) is the core document that harmonizes anti-doping policies, rules and regulations within sport organizations and among public authorities around the world.

The World Anti-Doping Code (Code) works in conjunction with six International Standards aimed at bringing harmonization among anti-doping organizations in various technical areas, namely:

- Prohibited List
- Testing and Investigations
- Laboratories
- Therapeutic Use Exemptions (TUEs)
- Protection of Privacy and Personal Information
- Code Compliance by Signatories

Prohibited List

[The Prohibited List](#) identifies the substances and methods prohibited in- and out-of-competition, and in particular sports. The substances and methods on the List are classified by different categories (e.g., steroids, stimulants, gene doping).

Testing and Investigations

The purpose of the [International Standard for Testing and Investigations \(ISTI\)](#) is to plan for effective testing and to maintain the integrity and identity of samples, from notifying the athlete to transporting samples for analysis.

Laboratories

The purpose of the [International Standard for Laboratories \(ISL\)](#) is to ensure production of valid test results and evidentiary data and to achieve uniform and harmonized results and reporting from [all accredited laboratories](#).

In addition, the ISL and its related Technical Documents specify the criteria that must be fulfilled by anti-doping laboratories [to achieve and maintain WADA accreditation](#).

Therapeutic Use Exemptions

The purpose of the [International Standard for Therapeutic Use Exemptions \(ISTUE\)](#) is to ensure that [the process of granting TUEs](#) is harmonized across sports and countries.

Where the competitor already has a TUE granted by the Competitor's National Anti-Doping Organization, the International Federation or the Major Event Organizer will recognize it. Unless if the IF or MEO decides that the TUE does not meet those criteria and so refuses to recognize it, it must notify the competitor promptly and explain the reasons.

Protection of Privacy and Personal Information

On 1 June, WADA published a [revised International Standard for the Protection of Privacy and Personal Information \(ISPPPI\)](#) that took effect immediately. The main purpose of the ISPPPI is to ensure that organizations and persons involved in anti-doping in sport apply appropriate, sufficient and effective privacy protections to personal data that they process.

Code Compliance by Signatories

The Code makes WADA responsible for monitoring and enforcing compliance by Signatories with the Code and the International Standards. The Code also requires Signatories to report on their compliance to WADA. The purpose of the [International Standard for Code Compliance by Signatories \(ISCCS\)](#) is to ensure that strong, Code-compliant anti-doping rules and programs are applied and enforced consistently and effectively across all sports and all countries, so that clean athletes can have confidence that there is fair competition on a level playing field, and public confidence in the integrity of sport can be maintained.

As stated from WADA;

“Any pharmacological substance which is not addressed by any of the subsequent sections of the List and with no current approval by any governmental regulatory health authority for human therapeutic use (e.g. drugs under preclinical or clinical development or discontinued, designer drugs, substances approved only for veterinary use) is prohibited at all times.”

Prohibited substances are such as:

- anabolic agents
- peptide hormones, growth factors, related substances, mimetics

- beta-2 agonists
- hormone and metabolic modulators
- diuretics and masking agents

Please refer to <https://www.wada-ama.org/en/resources/science-medicine/prohibited-list-documents> for the specific and updated prohibited substances.

PERSILAT Anti-Doping

Please refer to Annex 1.

Annex 2 – WADA PERSILAT Anti-Doping

1. Introduction and Scope

As a requirement by the World Anti-Doping Agency (WADA), the International Federation of Pencak Silat (PERSILAT) has produced a risk assessment document. This document is based on WADA's International Standard of Testing (IST) and contains an evaluation of:

- a. Physiological profile of athletes and the requirements
- b. Performance-enhancing drugs that can cause doping
- c. Training and major competition schedules
- d. The history of doping in Pencak Silat

PERSILAT's risk assessment is based on the model above. It functions as a base for the federation's Test Distribution Plan, which is periodically evaluated and modified.

2. Risk and Patterns of Doping

1.1 Physiological Profile in Pencak Silat

In order to create the Test Distribution Plan, the physiological profile of a Pencak Silat competitor must be considered.

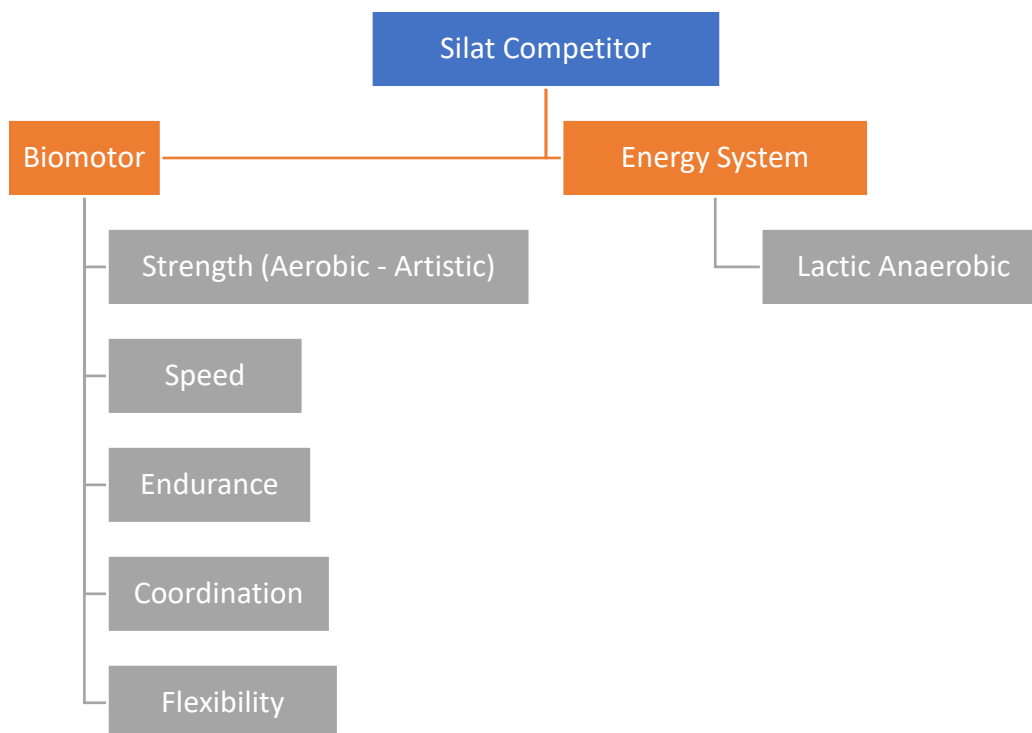
Generally, sports based Pencak Silat is divided into two main categories, match and artistic. The artistic part of the competition is then divided into three sub-categories: single (one competitor), double (two competitors), and team (three competitors).

The energy system required in Match category comprises of **lactic-anaerobic system**, due to the fact that the competitor will often utilize maximum intensity movements during game play. The execution of each movement will take approximately 10 to 120 seconds. During the competitions, the competitor's body system will produce a large amount of lactic acid.

On the other hand, artistic requires less energy compared to their match counterparts and thus, the intensity of their movements are at a medium. The continuous also last for less than three minutes, producing mainly CO₂ and H₂O during the game play. The energy system required for this category is identified as the **aerobic system**.

During both categories, competitors will actively utilize their neuromuscular, cardiorespiratory, digestion, cardiovascular, energy, bone and muscular systems. These systems then make up the main components required by a Pencak Silat competitor: strength, speed, endurance, coordination and flexibility.

1.2 Summary of Requirement in Pencak Silat



1.3 Time on the Arena within Match

Generally, there are two types of motions in Pencak Silat: the core motion (attacking or fighting movements in Match and Artistic), as well as interval motion (patterns or development in match and performing stances in artistic).

There are three rounds in a match competition, which each round clocked to two minutes. In one round, an average of six attacks are launched, with each attack taking 5 – 6 seconds to perform. Before attacking, the competitor will move around for approximately 7 – 8 seconds.

In the artistic category, competitors have three minutes in the arena to showcase their performance. Single (*Tunggal*) competitor will perform twelve types of package of *Tunggal* movements; double (*Ganda*) competitors will be performed by two competitors by choreographing fighting scenes – fight scenes will need to include weapon play and movements needs to be realistic, while team (*Regu*) competitors will perform by three competitors using the *Regu* movements, and competitors must move in synchronization.

1.4 Performance Enhancing Drugs in Pencak Silat

Although the risk of doping in Pencak Silat is relatively low, there are concerns that doping might occur through weight gain supplements. To qualify for a competition, the competitor is obliged to meet the required weight based on his or her respective categories. Not meeting the requirement will cause the athletes to be disqualified from the competition.

With this being said, Pencak Silat competitors are very particular about their weight and may consume additional weight gain or weight loss supplements to reach their goals. These supplements in turn may contain substances that are prohibited by WADA. To prevent this from happening, the competitors are encouraged to read the supplement label identify restricted substances before consuming the supplement.

Pencak Silat requires a complex physiological profile that can only be improved by intensive training. Apart from these components, the competitors also need to have strong technical and tactical skills. So far, there has not been any substances that can be used to enhance the skills needed by a Pencak Silat competitor.

Financially, there are no professional leagues and not a lot of money involved in the sport, and thus, these factors do not play a big role in doping.

2. Training and Competitions Schedules

The competition season can be divided into two, regional and international competitions. The main two regional competitions are SEA Games which occur every two years, while Asian Games occurs every four years. International or world level championships, such as the recent World Pencak Silat Championship 2018 also happens every two years.

For both regional and international championships, the competitors will train at least six months prior to the date of the competition. They will also take part in national championship as part of their training.

Pencak Silat can both be a team or an individual sport, but the competitors will always train together as a team. The competitors train 5 – 6 times a week in addition to various kinds of physical exercises such as strength training, agility, endurance training and technique trainings. The focus and exercises will differ based on the categories (match or artistic).

3. History of Doping

Pencak Silat is a type of martial arts that originates from the Malay Archipelago. Its culture-rich background has helped to develop the game play to be based on three main criteria: respect, integrity and teamwork. These criteria are also instilled in the athletes and thus, the risk of doping in Pencak Silat at the moment is relatively low.

Since the first World Pencak Silat Championship event in 1982, there has only been one known case where the competitor is temporarily suspended from entering competitions. This is because the athlete has unknowingly consumed a prohibited substance found in her weight gaining prescription.

4. PERSILAT Registered Testing Pools (RTP)

PERSILAT Testing Pool System is based on a pyramid approach and focuses on the athletes who compete on the highest level according to ranking and other criteria. Each RTP competitor is tested 1 – 2 times during their RTP period (+ NADO Tests).

Competitors who retired while being in the PERSILAT RTP 1, and those who are making a comeback to the national team level, need to notice PERSILAT about their comeback in advance if they wish to continue their career on the national team level. These competitors are then included to PERSILAT RTP. Also, competitors that are serving a period of ineligibility are to be included in PERSILAT Testing Pool as well as possible suspected dopers.

4.1 PERSILAT RTP

A competitor in the PERSILAT Registered Testing Pool (RTP) is required to make a quarterly Whereabouts Filing that provides accurate and complete information about the Competitor's Whereabouts during the forthcoming quarter.

PERSILAT RTP consisting of all medallists in Major Events. PERSILAT will then choose the competitors according to this pattern*:

Number of Competitor	Gender	Category
13 competitors	Men/Male	Match Category's Gold Medallist
11 competitors	Women/Female	Match Category's Gold Medallist
13 competitors	Men/Male	Match Category's Silver Medallist
11 competitors	Women/Female	Match Category's Silver Medallist
13 competitors	Men/Male	Match Category's Bronze Medallist
11 competitors	Women/Female	Match Category's Bronze Medallist

*Also depending on the mission carried out by the Doping Officer on the competition days, as it may be selected or random chosen competitors.

These competitors will submit their individual whereabouts filings to the PERSILAT four times in a year.

Article 23: Sport Safety

Practicing Pencak Silat is suitable not only for children, but also adults. It has both physical, psychological, and spiritual benefits. In general, Pencak Silat can increase physical coordination, health, fitness, and self-esteem. They also teach the important lesson about teamwork and self-discipline.

However, younger Silat practitioners are at risk for sports injuries because their bodies are still growing, and their coordination is still developing. According to research, many children under the age of 14 years old are treated for sports-related injuries each year. Half of those injuries can be prevented with proper use of safety gear, changes to the playing or training environment, and by following sports rules that help prevent injuries.

Most sports injuries occur due to the following:

- Lack of education and awareness about safety precautions and potential injury
- Inappropriate or lack of equipment
- Poorly conditioned players

These are general safety precautions to help prevent sports injuries:

- Wear the right safety gear and equipment
- The playing environment should be well lit and appropriate for the sport in question
- Enforce safety rules
- Players should stay hydrated during and after sports
- Take breaks while training and during games to prevent overuse injuries

Personal Precaution

Individuals are recommended to take these precautions to avoid dehydration or overheating during sports activities:

- Bring along a bottle of cold water or isotonic drink for any sports activity
- Drink sufficient fluids to prevent your body from overheating; passing clear or light-coloured urine is a sign that you are adequately hydrated
- Avoid strong coffee or alcohol because they can cause dehydration
- Ideally, drink about 500ml of water 30-minutes before exercise, 250ml to 500ml every half-hour during exercise, and 1000ml after exercise
- Isotonic or sports drinks are also recommended for any activity that lasts more than an hour

Environmental Considerations

The environment should be safe and suitable for the sport you participated in. If the sports activity involves rough waters or steep terrain, wear proper protective gear and check that you have taken all appropriate safety precautions.

To avoid getting caught in bad weather, check the weather forecast before a sports activity. Cancel or postpone any outdoor activity if there are signs of lightning. If you are caught in stormy weather, seek shelter immediately.

Sports Equipment

Wearing protective sports gear and using the correct sports equipment reduces the risk of injury and harm. Examples of protective gear include helmets for cyclists and shin guards for soccer or hockey player

Before & After

To keep yourself injury-free, ensure that you have a proper warm-up and cool down before and after any sports activity.

Warm-up and stretching exercises prepare your mind, heart, muscles, and joints for higher levels of exertion during a sports activity. They also improve performance and prevent injuries.

Cardiovascular exercises involving your heart, lungs, and leg muscles, such as jogging, brisk walking or jumping jacks, can help you to warm up.

All sporting activities should end with static stretching and cool down exercises to loosen muscles and reduce discomfort and soreness.

Fair Play

Understand the International Pencak Silat Competition Rules and Regulations, employ proper techniques, and engage in fair play to reduce the risk of injuring yourself or harming others.

Essential Skills

Standard First Aid, Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) certification are essential skills that will come in useful during critical situations.

Everyone is encouraged to equip themselves with such emergency response skills.

Nutrition

The Health Diet Pyramid is a guide to help you plan a well-balanced daily diet.

Adults are recommended to consume more servings of items from the Pyramid's lower tiers and fewer servings of items from its upper tiers:

- Rice & alternatives (5-7 servings)
- Fruits & vegetables (2 servings each)
- Meat & alternatives (2-3 servings)
- Fats, oil, salt, and sugar (sparingly)

Heat Disorder

While exercising or taking part in sports activities under hot weather conditions, you have to take precautions to prevent heat disorders. Heat disorders may be fatal in many incidents if left unattended.

Children are more likely to suffer from heat disorders than adults. Heat disorders can be classified as one or more of the following serious conditions:

1. Heat Cramps are the mildest form of heat disorders. Painful intermittent muscles cramps are experienced in the larger muscle groups (calves, thighs, and abdomen). They occur when there is an excessive loss of water and salt caused by profuse sweating when your body attempts to lose heat quickly.
2. Heat Exhaustion refers to the overheating of your body due to excessive loss of fluids or, in rare cases, salt depletion. Heat exhaustion is not fatal but, if left unattended, can result in heat stroke.
3. Heat Stroke is a more severe condition that occurs when your body's thermoregulatory system stops working. Heat stroke can bring about an irreversible coma and even death.

Causes of Heat Disorder

Heat disorders occur when your body absorbs more heat than it can lose. When your body is unable to cool down through sweating, it causes your body's core temperature to rise. You are at greater risk of suffering from heat disorders when you:

- do not drink enough water before, during and after sports activities
- are unaccustomed to training or competition in high temperature
- are suffering from illness
- are physically unfit
- wear thick or excessive clothing or padding
- have previous occurrences of heat disorders

The Symptoms

It is important to identify the symptoms of heat disorders so that actions can be taken before matters escalate beyond control.

Symptoms include:

- Headache
- Nausea
- Dizziness
- Fainting
- Discomfort or uneasiness
- Excessive sweating
- Lack of sweating
- Rising body temperature
- Rapid pulse
- Poor concentration
- Red and hot skin

- Muscle ache
- Muscle cramps
- Blurred vision
- Loss of co-ordination
- Disorientation or confusion
- Seizures or fits
- Fatigue
- Vomiting
- Decreased and dark-coloured urine
- Pale and clammy skin

Urine Colour Charts								
WELL HYDRATED			DEHYDRATED			SEVERELY DEHYDRATED		

Lightly coloured urine (1 – 3)

– Continue the drinking habit

Darker coloured urine (4 – 6)

– Drink more fluid during and after training

Very dark coloured urine (7 – 9)

– Seek advice from medical practitioner or Sports Nutritionist/Physiologist

Prevention is Better than Cure

Keep Drinking

Adequate hydration is important before, during and after all sporting activities as it can help cool down your body's core temperature. Drink as much as you can. Your body can lose up to 1 litre of fluid per hour in hot conditions. Thirst is not a good indication of your body's fluid needs. Do not wait until you are thirsty before you drink.

You should drink about 500ml of water half an hour before and 250 - 500 ml of water every half hour during sports activities. Weigh yourself before and after the sports activity. For every kilogram that you have lost, it means that your body has lost 1 litre of fluid. Replace the fluid loss by drinking 1.5 times the amount of fluid lost.

Wear Appropriate Attire

Loose clothing can help reduce the heat build-up surrounding your body. It also helps improve the ventilation around your body. Choose clothing made from breathable or heat-wicking material to help remove heat from your body.

Your body takes at least 7 - 10 days to get used to a hot environment. So, before you start on a sport activity at a new location and environment, take it slow and easy to allow your body to get used to the new surroundings.

Watch your Consumption

Heavy meals add extra heat to your body and divert blood flow away to aid digestion while alcoholic and caffeinated drinks cause your body to dehydrate. Avoid taking such food and drinks before doing any sports activities as they can increase the risk of heat disorders

7-R Heat Disorder First Aid Management

Recognise Symptoms	Recognise symptoms of heat disorders and report them early
Rest Casualty	Lie or sit casualty down in cool, shaded area with good air circulation
Remove Clothing	Loosen any clothing to assist in cooling whenever possible, only when there is a dire need to
Reduce Temperature	Douse the casualty in cool water. Use fans and other cooling devices to reduce body temperature
Re-Hydrate	If the casualty conscious and alert, give them lots of fluids to drink. If unconscious, do not administer fluids by mouth as this may cause choking
Resuscitate	Resuscitate unconscious casualty if you are trained Protect the airway, support breathing and give intravenous fluids. Otherwise, rush the casualty to the hospital as soon as possible
Rush to Hospital	Do not delay!

Risk Management

The International Organisation for Standardisation (ISO) defines risk as “the effect of uncertainty on objectives”. In the context of organising and delivering a sport or recreational event, this guide considers that your objective is to deliver your event successfully by ensuring identified risks are managed to levels as low as reasonably practicable.

Every sport and recreational event involve risk. The type and level depend on variables such as the activity, location and environment, skill level and number of participants, weather conditions, and number of spectators. Whatever your event, it is essential that you are prepared by identifying, assessing, and managing these risks.

Risks to health, safety and well-being are implicit to sport and recreation. Many sports and recreational activities involve high-speed impact, extreme effort, use of various equipment, and environmental factors such as the weather. Participants must understand and accept that risk is involved when participating in these activities. At the same time, as the event organiser, you have a legal responsibility to take all reasonable steps to support the health and safety of participants, spectators, officials, paid staff, volunteers, and the general public.

Effective risk management applies a clear process to identifying, analysing, and evaluating event-related risks. By using this framework, you can implement, communicate, and monitor control measures to ensure risk levels are managed within agreed risk tolerances.

In addition to delivering a positive and safe event for participants, legal compliance and defensibility are important considerations in event risk management. Ensuring awareness of relevant legislation, regulations, industry codes of practice, competition rules, and recognised standards is critical, as is being able to demonstrate compliance with these points of reference.

Failure to comply could result in court proceedings and prosecution which may lead to fines, imprisonment, or other crippling sanctions.

Successful event organisers manage risk rather than avoid it. With effective risk management, you can minimise the potential costs and liabilities of event planning, leading to a safer, more enjoyable event.

Process for Managing Event Risk

Establish the Context

The context is the process of defining the external and internal parameters you need to take into account in your risk management plan. Each and every event will have a unique context. A good understanding of the context on your part will ensure the event risk management plan is relevant and specific.

Undertake a Risk Assessment

Undertaking a risk assessment involves identifying all the possible threats, or negative situations, that could occur (often known as the “what ifs”). This should be an exhaustive process and you should, where possible, complete it using a small group to ensure you take a broad perspective in identifying risks.

You should analyse each risk once you have identified them. This is the process where you consider the probability of the risk materialising and what the impact could be. It is important that you use a consistent range of parameters to analyse all risks so that you can compare and prioritise them.

You will now have an understanding of what the risks are and the level of threat each risk poses. The next step is to evaluate the risks against pre-determined risk tolerances. You need to consider what control measures you could put in place to reduce either the probability of the risk materialising, the impact if it does, or both. This is a decision-making process, using the results of your risk assessment, to determine what controls are required to ensure the risk levels are contained to tolerable, acceptable levels.

Treat the Risks

Risk treatment is the process of planning and implementing a range of control measures you have determined that will manage each risk to within your agreed tolerance levels.

Communicate and Consult

Throughout the process, we highly recommend that you engage with key stakeholders at each stage of the process, to ensure that you take a thorough and well-informed approach to developing the risk management plan. This may include senior officials, committee members, National Sports Associations, sources of local knowledge, subject matter experts and/or safety service providers.

Monitor and Review the Risks

Having an effective, well considered risk management plan is critical. However, ensuring the requirements outlined in the plan is reflected in practice will ultimately determine whether risk levels are managed to appropriate levels and that the event is delivered safely. To achieve

this, it is important that before, during and after the event, there is constant monitoring in place to detect if there are any changes to the risk profile (such as changes in weather conditions).

You will also need to monitor that the control measures are in place and effective in managing the risks within agreed tolerances. In addition to ensuring risks are managed effectively during the event, the intelligence gathered through monitoring can be used during the review process to continually improve the risk management for future events.

Reference List

Wasit Juri (Do's & Don't's)

1. Be Alert When Game Officiating Game.
2. Focus on what is happening in the arena!
3. Learn on how to use the Digital Scoring System
4. Learn on how to navigate VAR System (International Class 2 onwards)
5. Understand the flow of Manual Scoring System
6. Understand and Adhere to the Code of Ethics – Technical Officials
7. Aba-aba – Hormat Chairman, and Audience
8. Aba-aba – Juri to be Seated
9. Aba-aba – Calling of Red & Blue Corner
10. Aba-aba – Wasit Briefing
11. Aba-aba – Check on Juri Readiness
12. Aba-aba – Sedia (Ready)
13. Aba-aba – Mulai (Ready)
14. Aba-aba – Berhenti / Ti (Stop)
15. Aba-aba – Langkah / Pasang
16. Aba-aba – To Fight
17. Aba-aba – Return to Coach Corner for Break
18. Aba-aba – Return & Exit the Arena – complete duty
19. Aba-aba – for Dropping Technique (Valid & Invalid)
20. Aba-aba – Juri Verification
21. Aba-aba – Winner Decision
22. Aba-aba – Warning & Penalties – Verbal Warning
23. Aba-aba – Warning & Penalties – Reprimand I / Reprimand II
24. Aba-aba – Warning & Penalties – Warning I / Warning II / Warning III (Disqualification)
25. Aba-aba – Technical Counting
26. Have the knowledge on handling athlete's injuries, and the procedure
27. Aba-aba – Violations – Stepping out of Arena
28. Aba-aba – Violations – Attacking before/after command
29. Aba-aba – Violations – Illegal Attack
30. Aba-aba – Violations – Scratching / Pulling Opponent Hair / Scarf / Face
31. Aba-aba – Violations – Pile Driving
32. Aba-aba – Violations – Supplex
33. Aba-aba – Protest – Request to View VAR System
34. Understand the Flow and Procedures of Coach Protest
35. Cease Usage of Aba-aba – Hand/palm on top of another (to show invalid drop)
36. Cease Usage of Aba-aba – Invalid Drop (5-seconds of doing dropping technique is up)
37. Understand the Arrangement of Tanding (Match) Competition
38. Understand the Arrangement of Seni (Artistic) Competition

Coaches (Do's & Don't's)

1. Understand and Adhere to the Code of Ethics – Coach / Corner Coach
2. Understand the Arrangement of Tanding (Match) Competition
3. Understand the Arrangement of Seni (Artistic) Competition
4. Knowledgeable on procedures for injured athlete
5. Keep updated on International Pencak Silat Competition Rules and Regulations

Athlete (Do's & Don't's)

1. Need to be aware on the updates on the International Pencak Silat Competition Rules and Regulations, and understand fully on the games
2. Understand and Adhere to the Code of Ethics – Athletes
3. Compulsory to showcase 8 Pencak Silat Movements
4. On Guard position in Pencak Silat
5. "Pola Langkah" in Pencak Silat
6. "Sikap Pasang" (Hand Patterns) in Pencak Silat
7. Understand all Aba-aba (Hand Signal) by Wasit)
8. Understand the process of Technical Counting

Allowed Techniques (Hand)

1. Straight Punch
2. Straight Punch (vertical)
3. Spade to Stomach Punch
4. Overhead Punch
5. Pulling Vest & Spade to the Stomach
6. Pulling the Hand and Punch
7. Grab the Body and Punch
8. Catch Opponent's Leg & Hook Punch
9. Elbow Strikes (without grabbing)
10. Spinning Elbow to the Vest (without grabbing)
11. Front Elbow to the Chest
12. Top-Down Elbow to the Vest
13. Elbow to the Collar of the Body Protector
14. Hammer Punch to the Back of the Vest
15. Hammer Punch at the Shoulder/Collar of the Body Protector
16. Punch while on the Ground
17. Elbow (top down – 90 degree angled) (12-6 elbow position) to the Back of the Vest without Touching or Grabbing

Allowed Techniques (Leg)

1. Front Kick
2. Side Kick
3. Knee Kick (however not allowed to hold/grab opponent's vest)
4. Round-House Kick with Holding Opponent's Body Vest and Leg
5. Kick Opponent's Back

6. Single Horse Kick
7. Double Horse Kick
8. Bicycle Knee without Touching
9. Jumping Knee without Touching
10. Kick to the Collar of the Body Protector
11. Kicking to the Vest (Direct at the Chest Area)
12. Kick to the Side of the Body

Allowed Techniques (Dropping)

1. Sweeping
2. Sweeping (Double)
3. Sweeping (Kicking to the Back of the Body while Doing Sweeping)
4. Scissors
5. Scissors (touch the ground in the midst of doing scissors technique is allowed)
6. Step Scissors
7. Back Scissors
8. Rolling Scissors
9. Pull & Scissors
10. Front Leg Scissors
11. Normal "Crocodile"
12. Single Leg "Crocodile"
13. Pull Back Leg "Crocodile"
14. Corkscrew
15. Inward Single Leg Takedown
16. Right / Left Leg Takedown
17. Back Leg Takedown
18. Pull Takedown
19. Right / Left Single Leg Takedown
20. Double Leg Takedown
21. Clamp Single Leg Takedown
22. Catch the Leg and Throw
23. Catch the Leg and Push
24. Catch the Leg and Kick to the Shin
25. Catch the Leg and Twist the Foot
26. Locking of Hand & Dropping
27. Locking of Hand & Dropping (Frontal)
28. Pulling and Throw Down
29. Pulling the Vest and Side Drop
30. On the Ground
31. Catch Leg – Knee – Thigh (if unsuccessful, will need to follow-up with a punch or kick)
32. Low High Lift (Tuck & Lift)
33. Double Knee – Lift & Throw
34. Side Knee – Lift & Throw
35. Front Ankle Pull
36. Back Ankle Pull
37. Leg Thrust to the Back of the Knee

38. Pull Waist from the Back
39. Pull Upper Back to the Floor
40. One-Legged Side Throw
41. Single Hand Throw
42. Shoulder Throw
43. Powerlift Overhead Throw
44. Single Lift Knee Throw
45. Forearm Roll to the Thigh
46. Bend Forward Throw
47. Leg Thrust to the Shin Followed by Leg Hook
48. Overhead Throw
49. Figure Four
50. Forearm Hip Throw
51. Leg Pull Upper Throw
52. Leg Over Leg
53. Hand Twister
54. Twister
55. Single Hand Pull
56. Two Hands Pulling the Vest Downwards
57. Powerlift Single Leg Throw Backwards
58. Ground Double Leg Overhead Throw
59. Powerbomb
60. Single Hand Side Drop
61. Single Hand Roundabout
62. Shoulder Spiral Downwards
63. Elbow Twister
64. Two Legs Thrust to the Back
65. Lollipop
66. Inside / Outside Single Leg Drop
67. Right / Leg Hook
68. Front Drop Left / Right
69. Nike-shaped
70. L-shaped
71. UPS
72. Split
73. Inside 69
74. Outside 69
75. Twist and Drop Outside / Inside
76. Single Leg Thigh Push
77. Single Leg Knee Push
78. Single Leg Shin Push
79. Single Leg Roll Takedown
80. Right / Left Pull Drop
81. Ankle Twist
82. Pull Front Sweep
83. Pull Back Sweep
84. Step-Toe and Dropping Technique

85. Pull & Overthrow
86. Side and Catch the Knee
87. Kick and Drop
88. Dive to Grab the Knee
89. Body Push to Drop
90. Lock Opponent's Arm and Drop
91. Knee Hook
92. Pushing Opponent with Open Palm

Not Allowed Techniques (Hand)

1. Grab Neck and Attack
2. Head-Butt
3. Grab & Elbow Strike on the Opponent's Jaw
4. Uppercut at Opponent's Jaw
5. Overhead Punch at Opponent's Spine
6. Hammering Opponent's Spine or Neck
7. Hammering Behind the Neck
8. Elbow Strike at Opponent's Face
9. Facepalm the Opponent
10. Uppercut at Opponent's Throat
11. Scratching of Opponent's Face
12. Backhand Opponent's Face
13. Slapping
14. Direct Slap to the Opponent's Face
15. Direct Punch to the Face
16. Biting of Opponent's Ear
17. Direct Punch to Opponent's Throat
18. Hammer Strike to the Face
19. Raking on Opponent's Face
20. "Karate-chop" on the Opponent's Neck
21. Direct "Palm-Mute" Strike
22. Attacking the Head Region
23. Striking the Opponent's Eyes
24. Eye-poke to the Opponent's Eyes
25. Pull Hair
26. Pull Vest and Elbow
27. Elbow to the Back of the Body, while Grabbing/Holding the Opponent
28. Slapping the Body Protector with Open Palm
29. "Karate-chop" on the Body Protector (confusing for the Juri)

Not Allowed (Leg)

1. Kick to the Groin
2. Kick to the Face/Head
3. Kick to the Body
4. Kick to the Side of the Body
5. Kick at the Illegal Area
6. High Kick Direct to the Opponent's Neck and above

7. Side Kick to the Neck and above
8. Direct Kick to the Knee Area (in an attempt to break the joints)
9. Kicking to the side of the knee
10. Kicking to the back of the knee
11. Kicking to the front of the knee
12. Kick or Step on the Knee
13. Direct Kick to the Groin
14. Kick to the Opponent's Neck and Above from the Back
15. Pull Vest and Knee Kick
16. Pull Hand/Uniform/Vest and Knee Attack
17. Kick or Step on the Thigh
18. Kick at the Thigh without follow-up

Not Allowed (Others)

1. Illegal Counterattack (kick to the groin, kick right in the face, stomping the foot on opponent's chest or stomach)

Warning & Penalties

Verbal Warning

1. Athlete Standing Upright (no movement) inside Arena
2. Athlete Walking inside Arena
3. Athlete Jumping Around in the Arena
4. Athlete no On-Guard Position
5. Athlete Clinching Both Fists
6. Athlete Standing outside of the Arena
7. No Action was made within 10-seconds after Wasit said "Mulai"
8. No "Pola Langkah"
9. No Running

Reprimand I / II

1. Avoid Opponent by Hiding Behind Wasit (without holding/touching)
2. Counterattack which took more than 2-seconds

Warning I

1. Avoid Opponent by Hiding Behind Wasit (with holding/touching)
2. Thigh Attack must follow-up with a valid technique
3. Attack to the Knee Areas
4. Attack to the Illegal Parts of the Body
5. Illegal Submission

Warning II

1. Will be issued if the athlete commits another violation after receiving Warning I

Warning III (Disqualification)

Tanding (Match)

1. Suplex
2. Successful Execution of Pile Driving (12-6)

3. Failed to Meet Weight during Weighing-In
4. Failed Doping Test
5. Failed to Pass Medical Check-up
6. Showing Tantrum (during game, break time or post game)

Seni (Artistic)

1. Weapon Come out Loose from Handle or Break
2. Weapon Failing the Inspection
3. Failed to Showcase the Whole Package
4. Perform not in order (sequence)
5. Exceeds time tolerance
6. Failed Doping Test
7. Failed Medical Check-up

Usage of Protest Card

1. Corner Coach will receive 2 Protest Card at each game, to be used throughout 3 rounds.
2. Corner Coach must stand at the Coach Box area, raising the Protest Card with right hand straight and firm.
3. Corner Coach will need to state their protest within 10-seconds

Tunggal Guide

These are samples and guides for Jurus Tunggal.

PREFACE

Pencak Silat started officially contested in the international sporting event at Sea Games XIV held in Jakarta in 1987 (O'ong Maryono, 2000: 188). The matches are held in accordance with the provisions of the categories set forth in the rules of the game and are led by the legitimate game technical implementer.

There are four categories of pencak silat matches, namely category of Tanding, Tunggal (Single), Ganda (Double), and Regu (Team). Each category has its own characteristics, whether the rhythm of motion, the biomotor component, or the energy system. The following is an explanation of the category of pencak silat matches (Persilat, 2012: 1-2): (1) Tanding categories are: Pencak Silat match categories featuring two fighters from different corners using defense and attack elements, use of tactics and techniques to compete, endurance stamina and fighting spirits, using rules and step patterns that utilize the wealth of stance techniques to get the most value, (2) The single category is: the category of pencak silat match featuring a Pesilat demonstrating his skill in a standard single stance correctly, accurately and steadily, full of inspiration, empty-handed and armed and comply to the rules and regulations applicable to this category, (3) The double category is: the category of pencak silat match featuring two fighters from the same corner, demonstrating the skills and wealth of the technique of the pencak sila attack. The defensive movement is presented in a planned, effective, aesthetic, steady and logical manner in a regular series, powerful and fast or in slow motion of empty-handed and armed, and (4) The team category is: the category of pencak silat match featuring three fighters from the same corner demonstrate their skills in the standard shift squad correctly, precisely, steadily, full of inspiration and compact with bare hands and comply to the rules and regulations applicable to this category.

The Single Category at the beginning of the competition is still not standardized. Movement materials / Jurus displayed variously, as well as the selection and use of various weapons. This will certainly complicate the assessment. At the 1998 Persilat Congress, the Jurus Tunggal Baku was defined to be one of the categories contested. This jurus is composed by a team whose members consist of pencak silat experts from four founding countries of Persilat, namely:

1. IPSI (Ikatan Pencak Silat Indonesia)
2. PERSISI (Persekutuan Silat Singapura)
3. PESAKA (Persekutuan Silat Kebangsaan Malaysia)
4. PERSIB (Persekutuan Silat Kebangsaan Brunei Darussalam)

The whole motion contained in this jurus is expected to represent pencak silat moves that have been agreed as the original martial art from Southeast Asia region. In addition, with this series of international standard stance can also be used as a means of unifying all pencak silat schools. The rules of the International Pencak Silat Match that have been stipulated in the

PERSILAT Technical Meeting on September 26, 1998 shall not be altered by any organizational institution except by PERSILAT and shall be followed and implemented by all its members.

Just after the organized of the world pencak silat championship on 2000 in Padepokan Pencak Silat Indonesia located at Taman Mini Indonesia Indah Jakarta complex single and the team category is standardized. At the international level, it was contested at the 2001 Sea Games in Malaysia. The standardization of movements in single and team category facilitates the assessment system. But the process of standardization and socialization program that take less time becomes a separate problem. Differences in perceptions about standardized movements still occur. This is because the comprehension and individuals' memory are different.

Single category consists of 100 movements divided into 14 jurus. Seven jurus on empty hand movements, four jurus on the weapon with a golok/long knife, and three jurus on the movement with toya/long stick. Each moment is performed for an average of 4-7 seconds and separated by an average motion (interval) of 2-4 seconds (Galuh, 2015: 18). Single category is an implementation of two aspects of pencak silat, that is cultural arts and sports. Aspects of art and culture materialized in the stance that is arranged with a systematic and aesthetic factor or the beauty of motion, which certainly does not leave the effectiveness in self-defense. The implications of the sport aspect are clearly evident in the achievements of the matches. Criteria assessed in a single category include: (1) the correctness of motion, (2) the steadiness / stamina, and (3) the inspiration of motion. While in the double category and the team added the assessment of cohesiveness.

This book is presented to assist in the learning and mastery of a single category. In this book, there are pictures and explanations about the shape, direction, and sequence of motion of the jurus tunggal in detail to make it easier to learn and master the jurus tunggal properly and correctly. In addition, this book also aims to support instructional media in the form of instructional videos that already exist.

SINGLE MOVEMENT (BAREHAND)

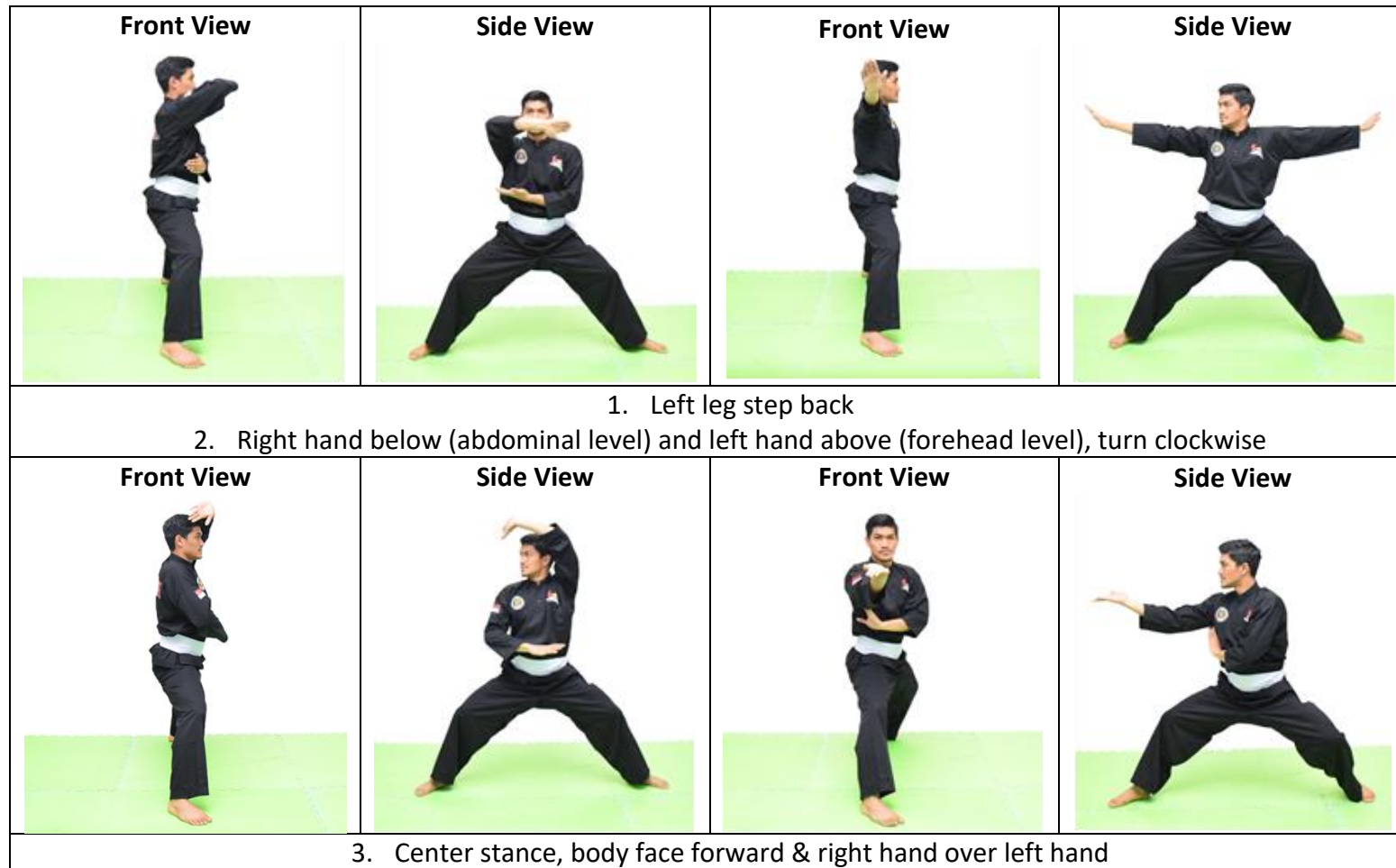
Opening Salute Front View



SINGLE MOVEMENT (BAREHAND)

PACKAGE 1

Step 1



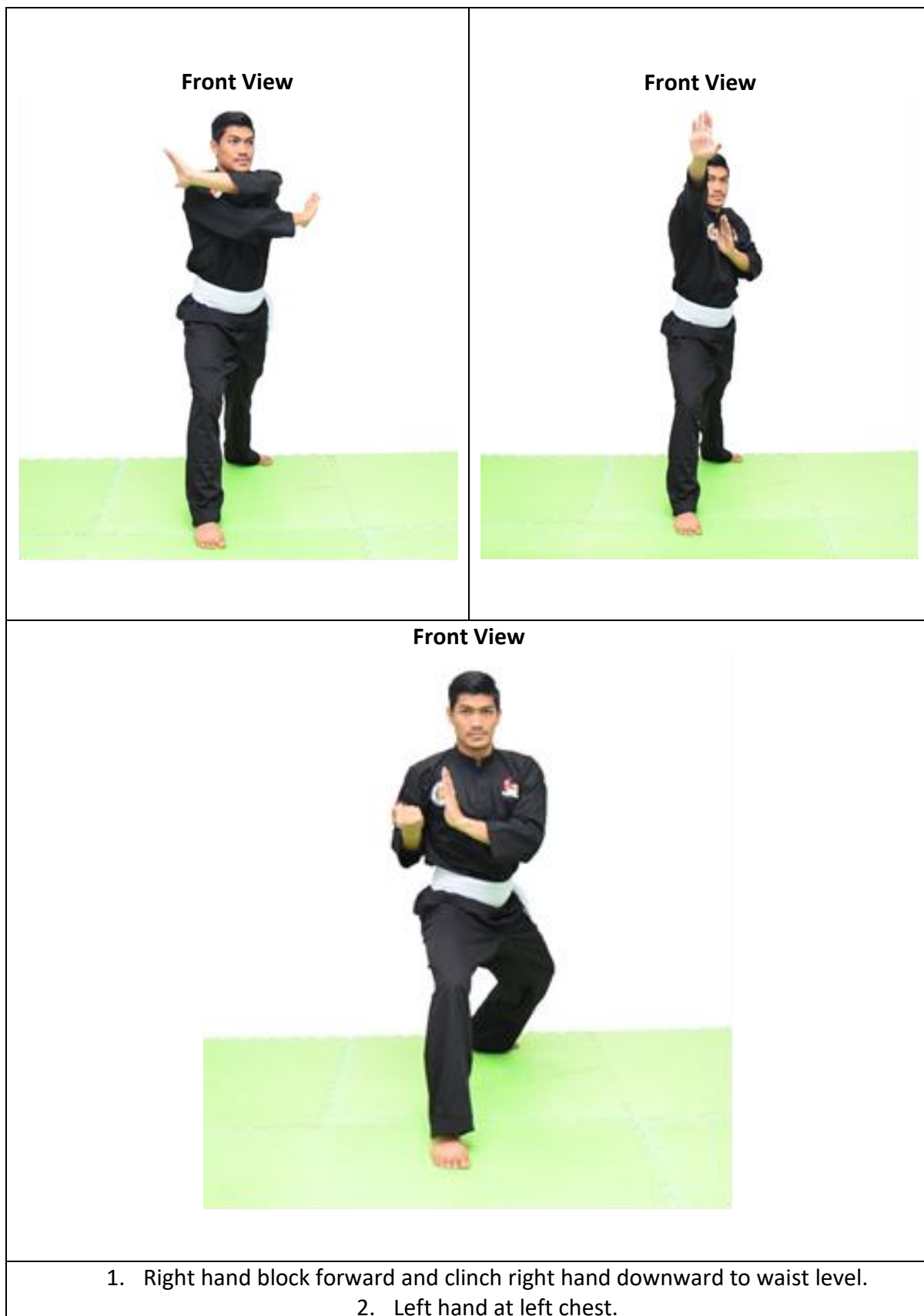
PACKAGE 1

Step 2

<p style="text-align: center;">Front View</p> 	<p style="text-align: center;">Side View</p> 
<p style="text-align: center;">Front View</p> 	<p style="text-align: center;">Side View</p> 
<p style="text-align: center;">Front View</p> 	
<ol style="list-style-type: none"> 1. Left leg step forward. 2. Feet close together with both hands together above forehead and thrust both hands forward. 	

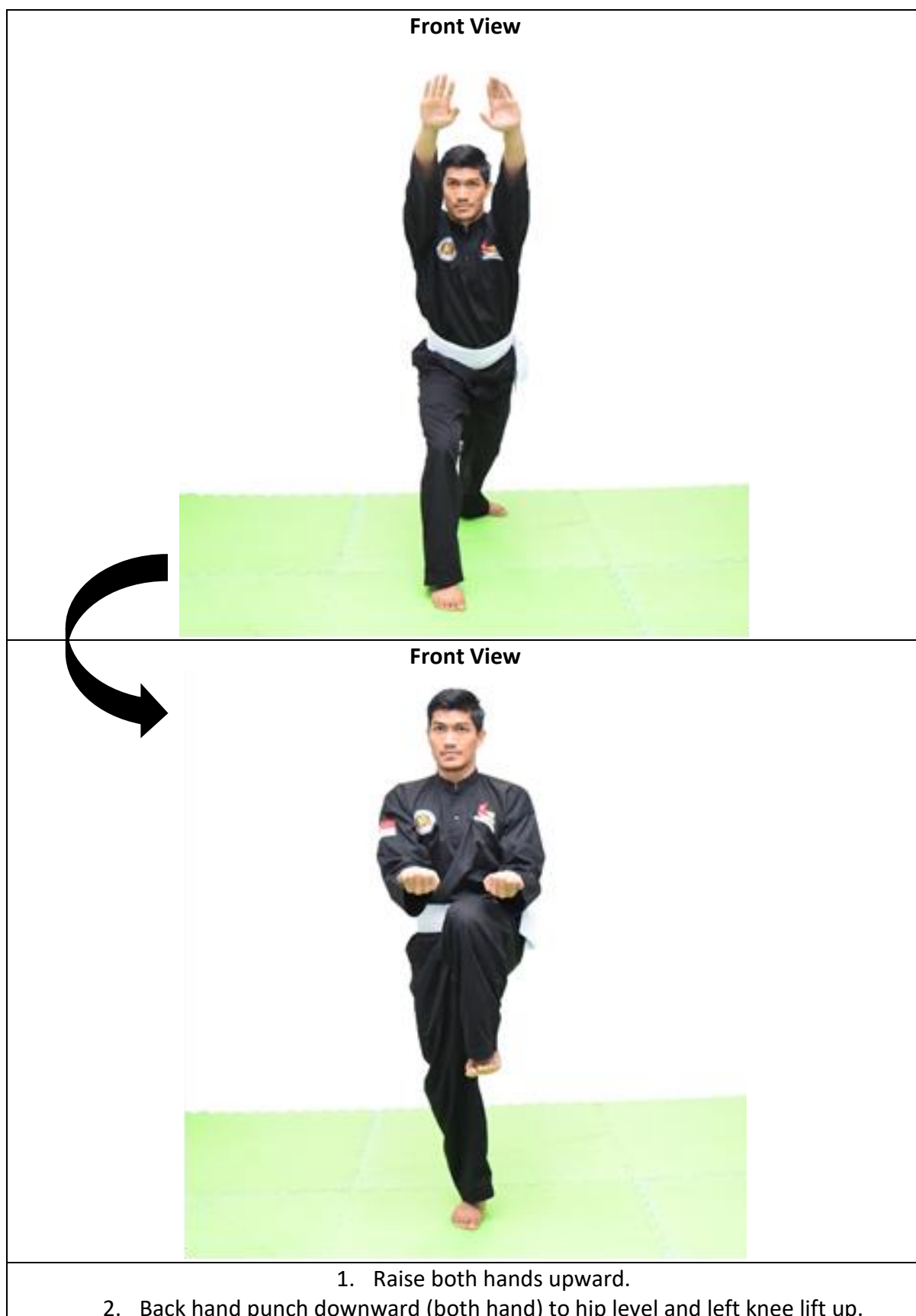
PACKAGE 1

Step 3



PACKAGE 1

Step 4



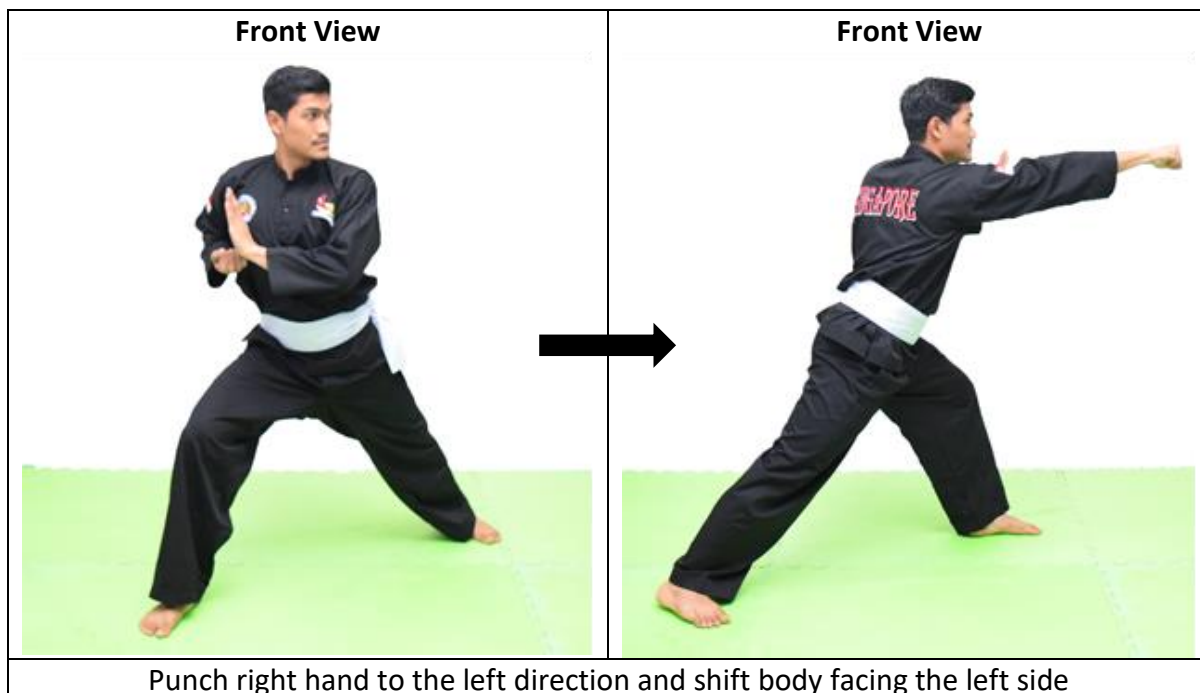
PACKAGE 1

Step 5

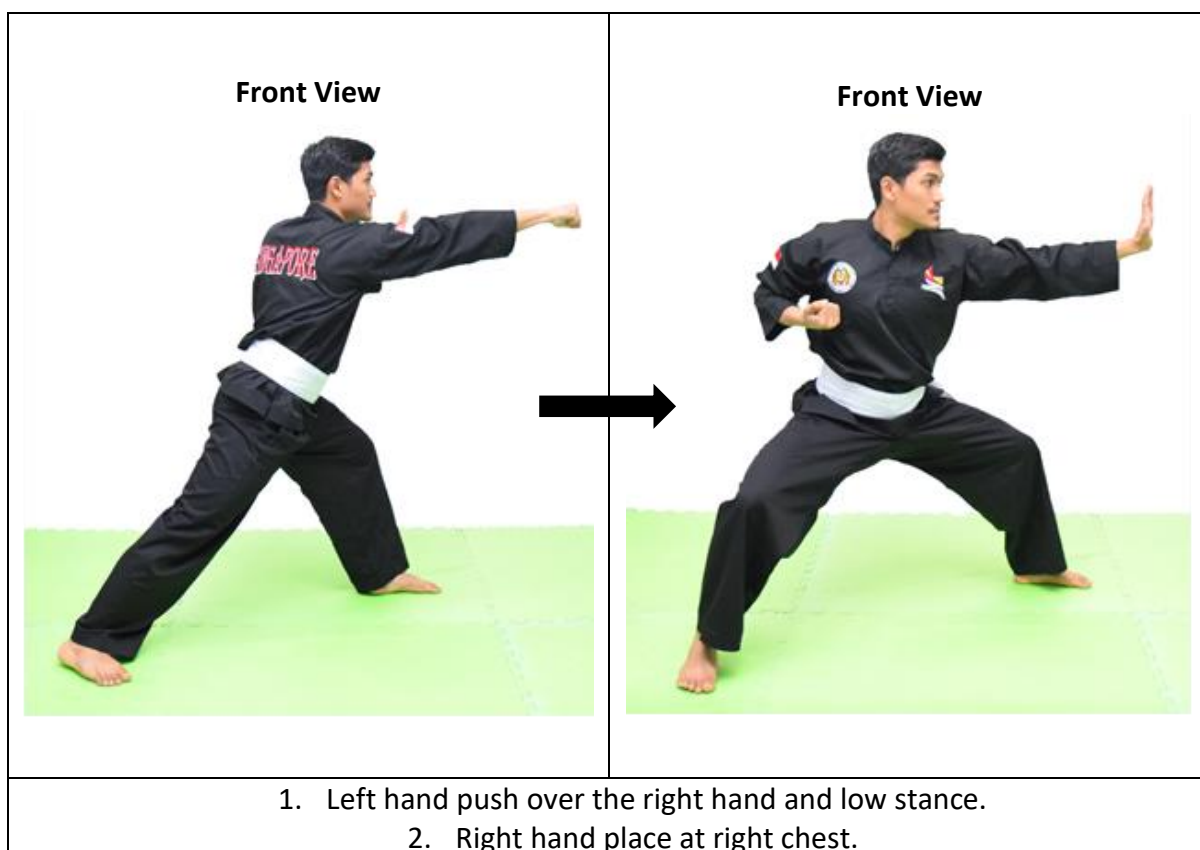


PACKAGE 1

Step 6

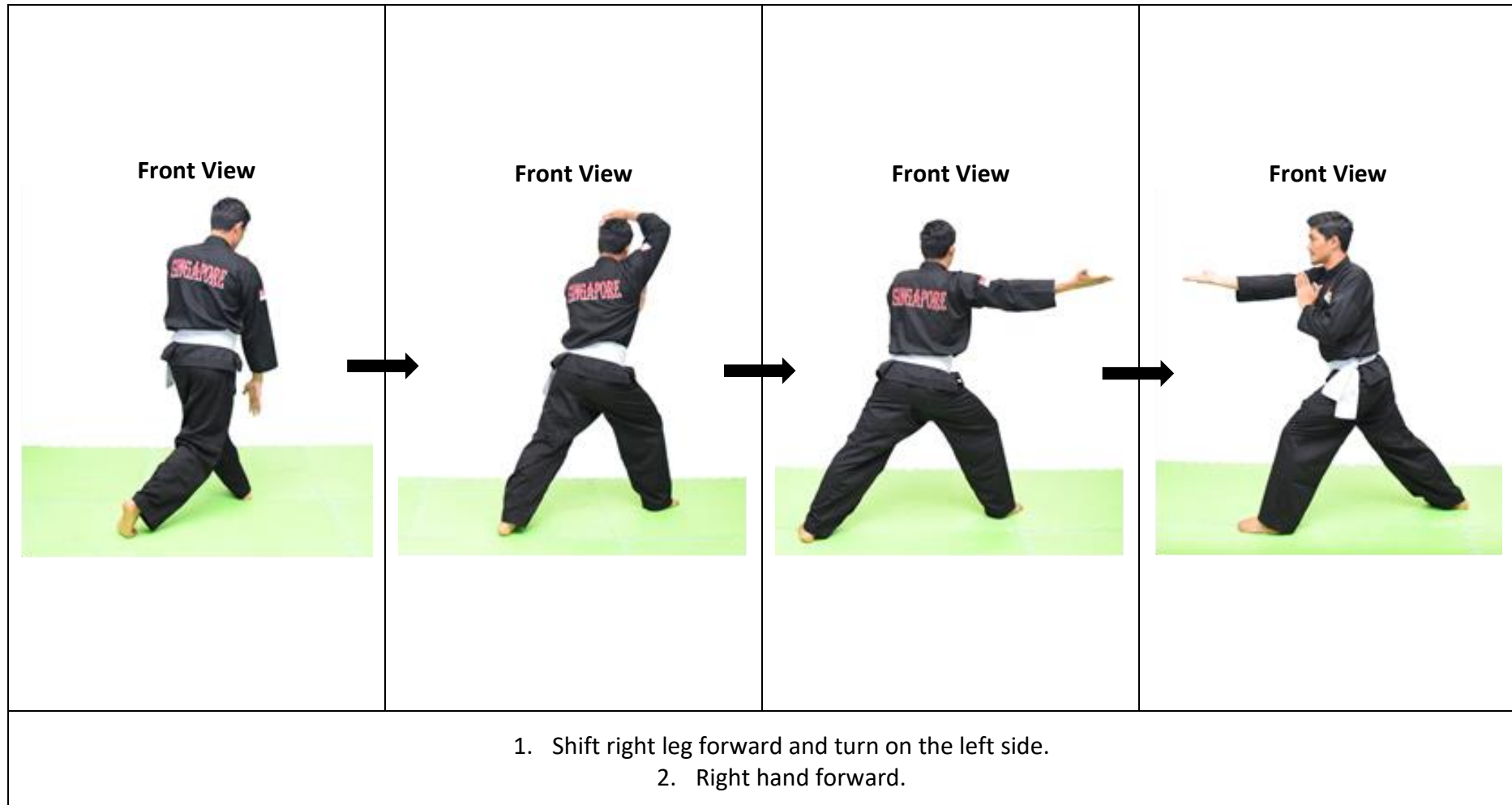
**PACKAGE 1**

Step 7



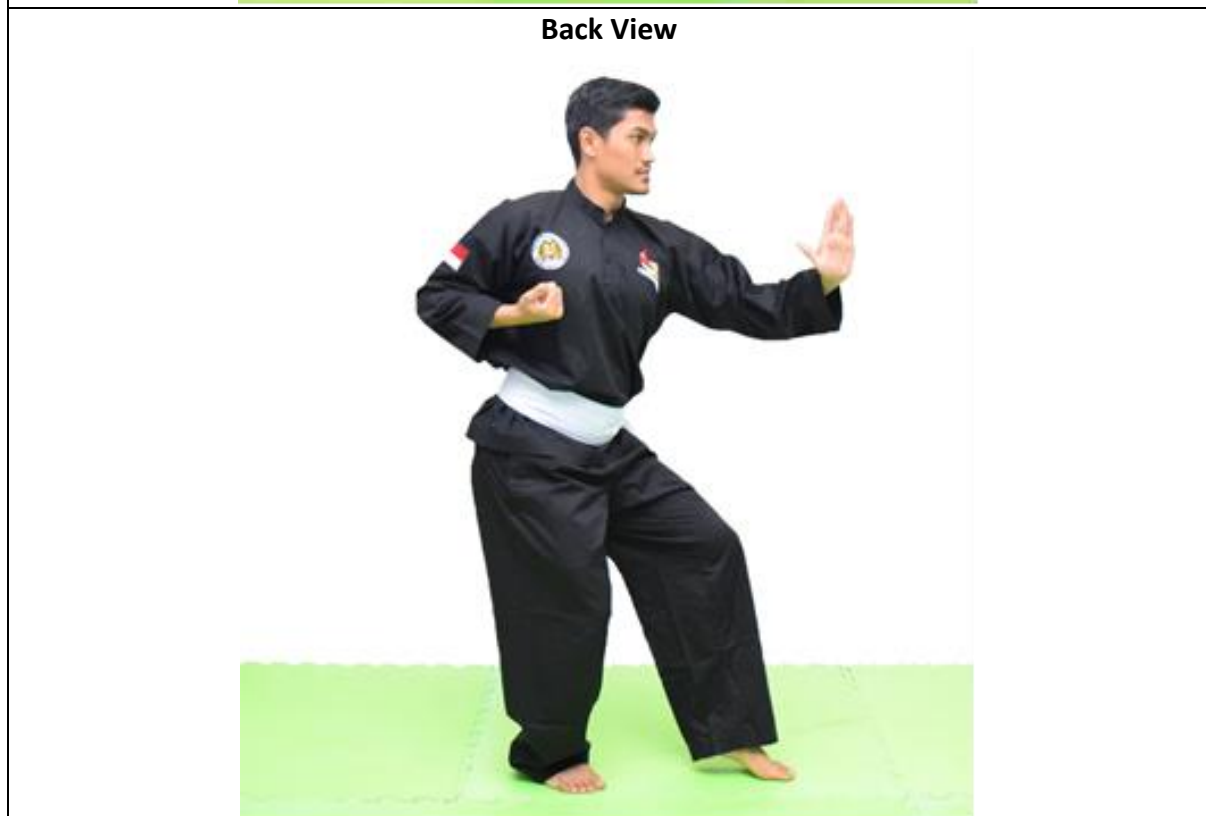
PACKAGE 2

Step 1

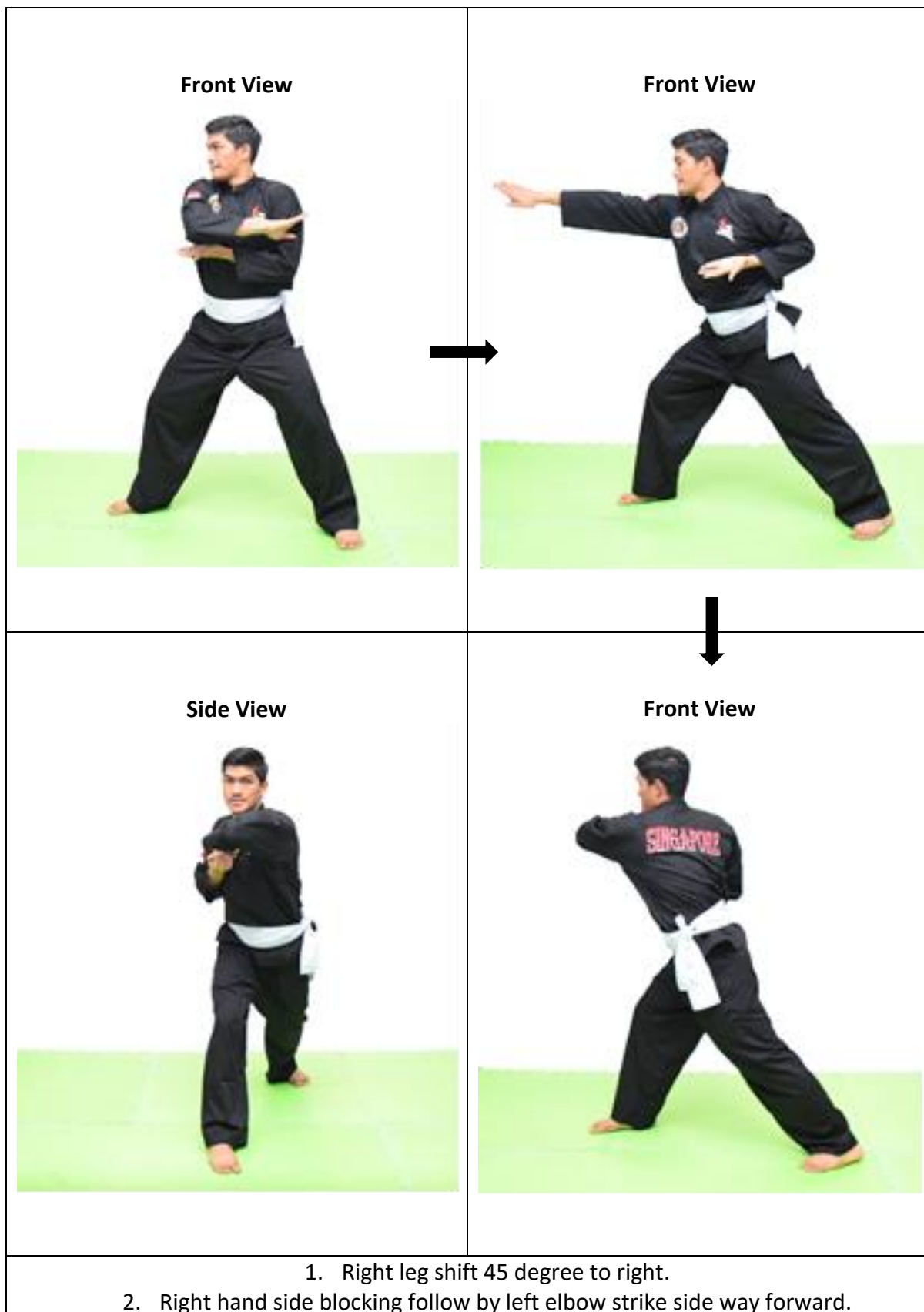


PACKAGE 2

Step 2

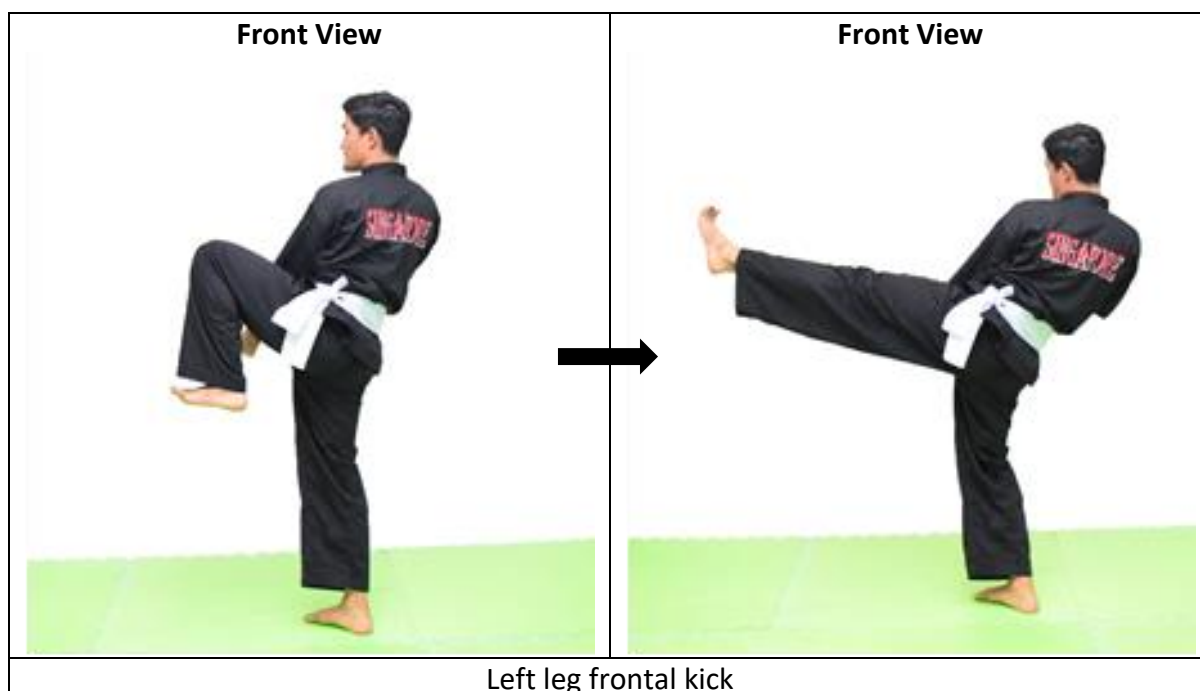


1. Left hand push over the right hand.
2. Left hand forward, left leg tip toe and right back stance.

PACKAGE 2**Step 3**

PACKAGE 2

Step 4

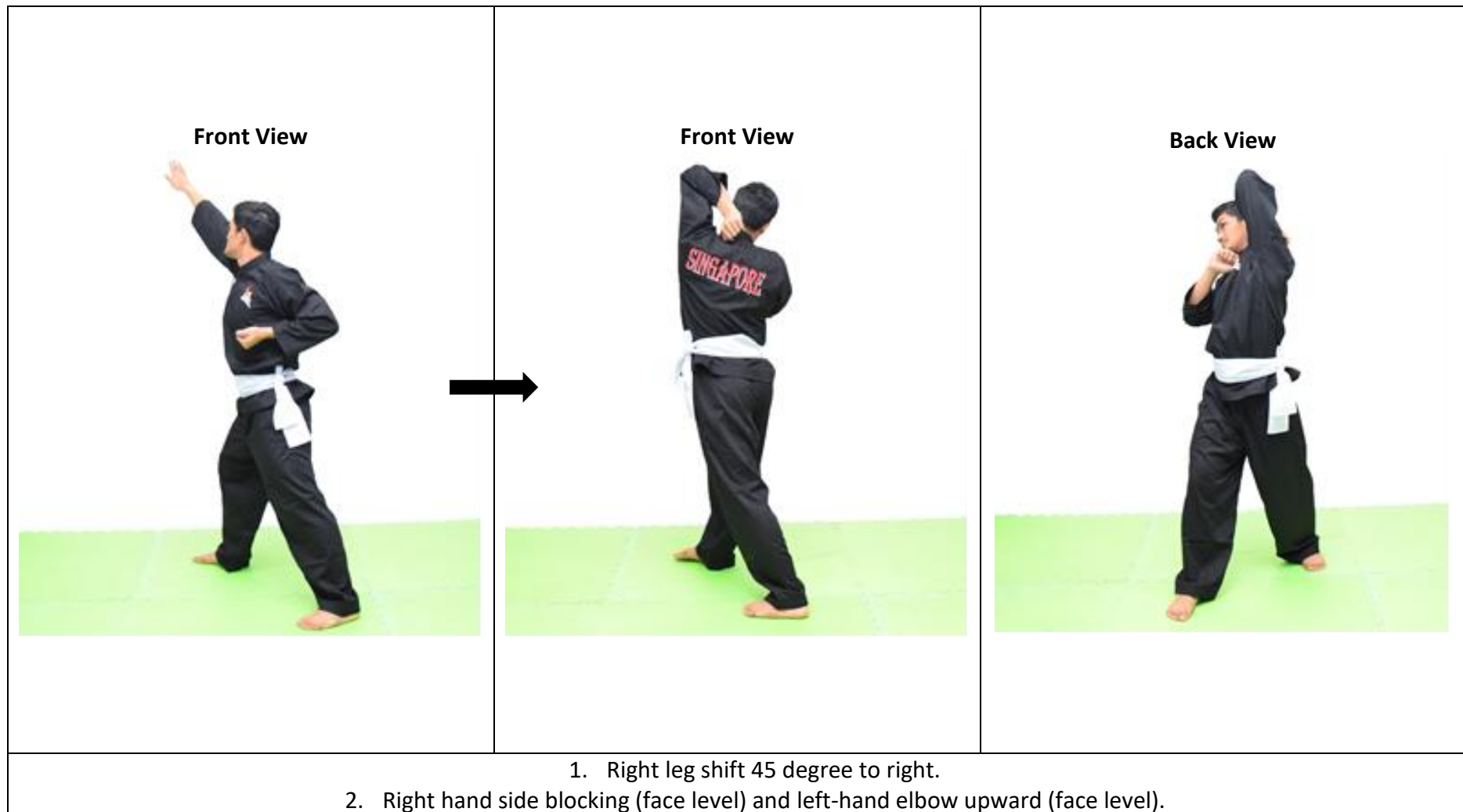
**PACKAGE 2**

Step 5



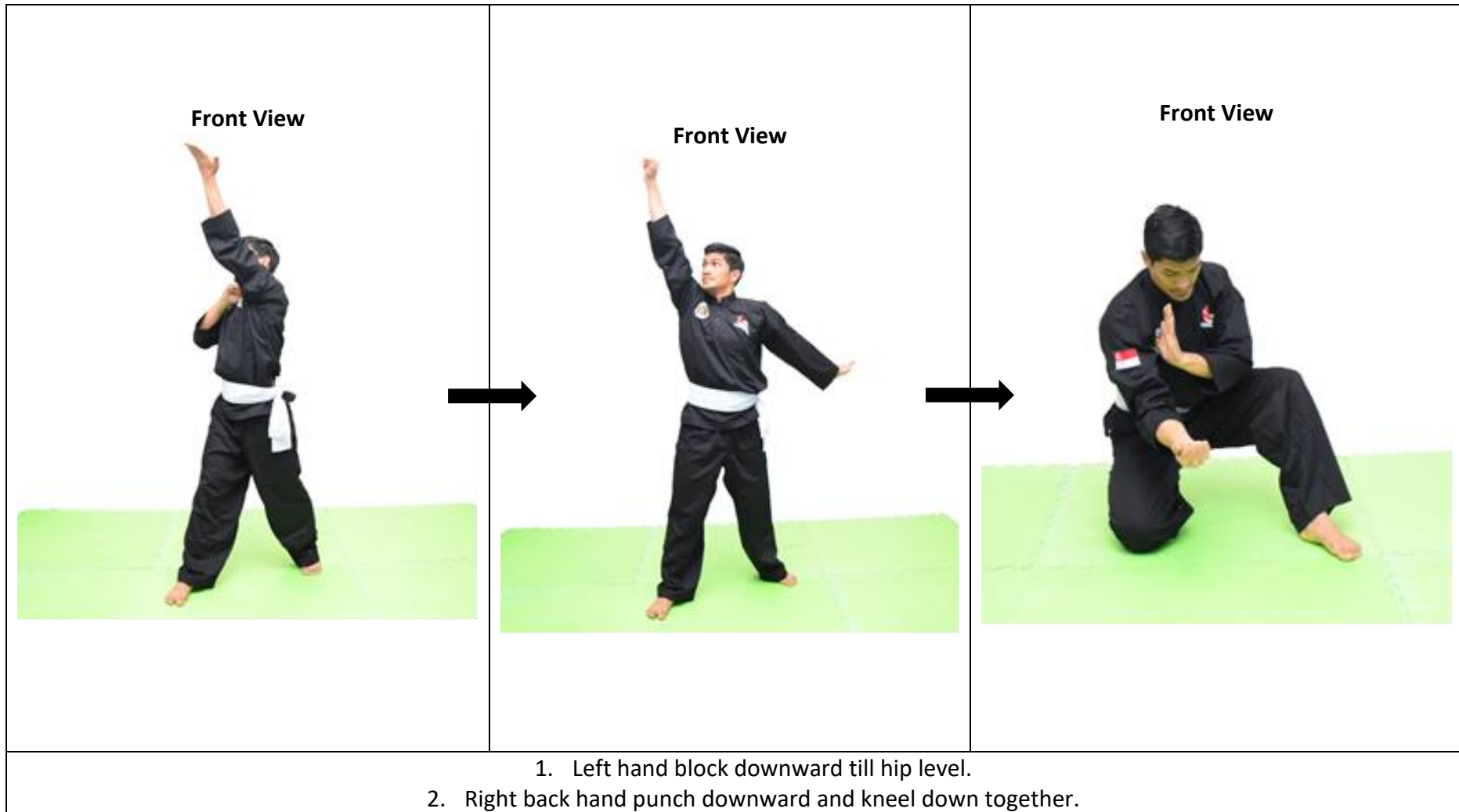
PACKAGE 2

Step 6



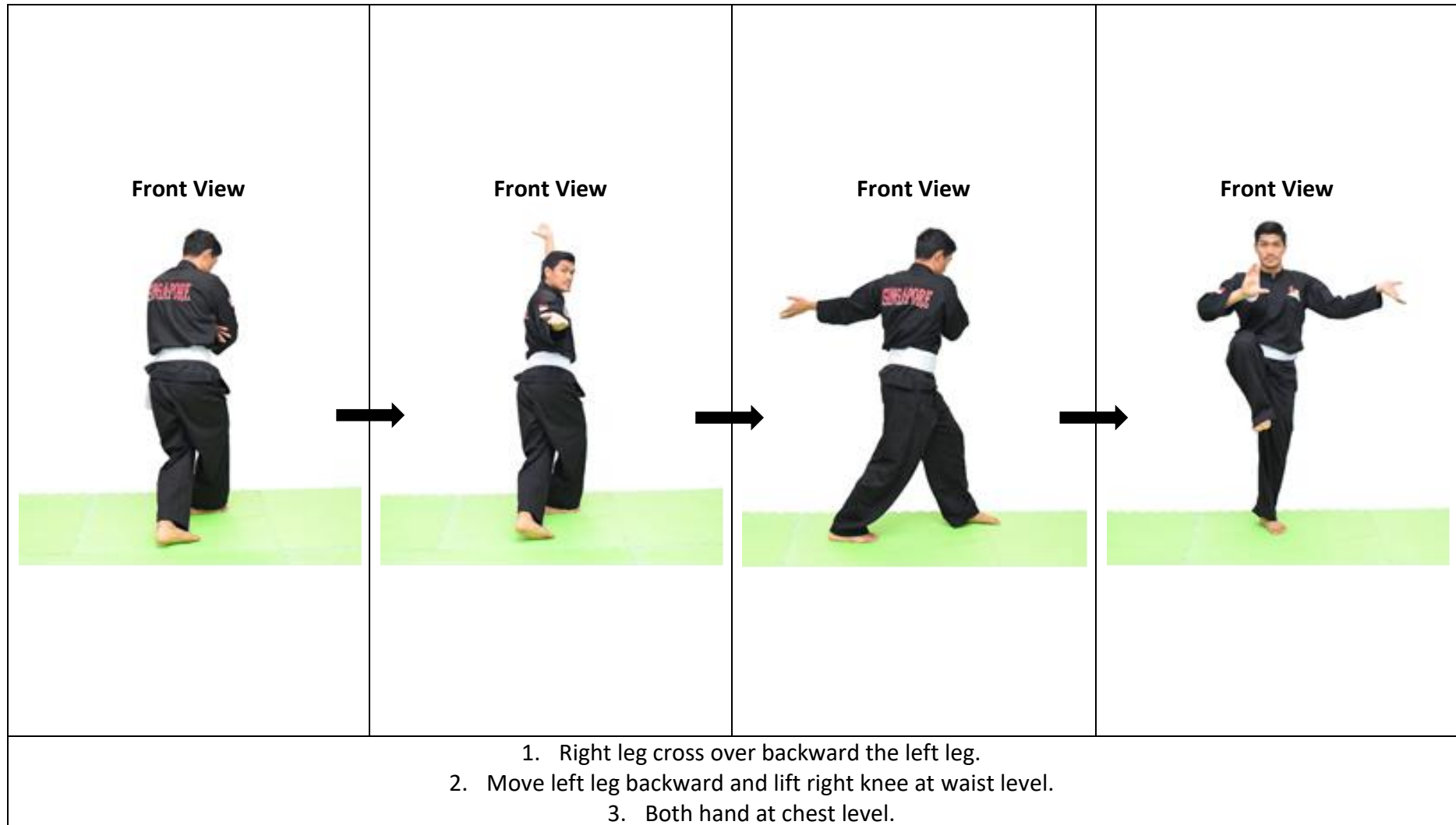
PACKAGE 2

Step 7



PACKAGE 3


Step 1



PACKAGE 3

Step 2

Front View

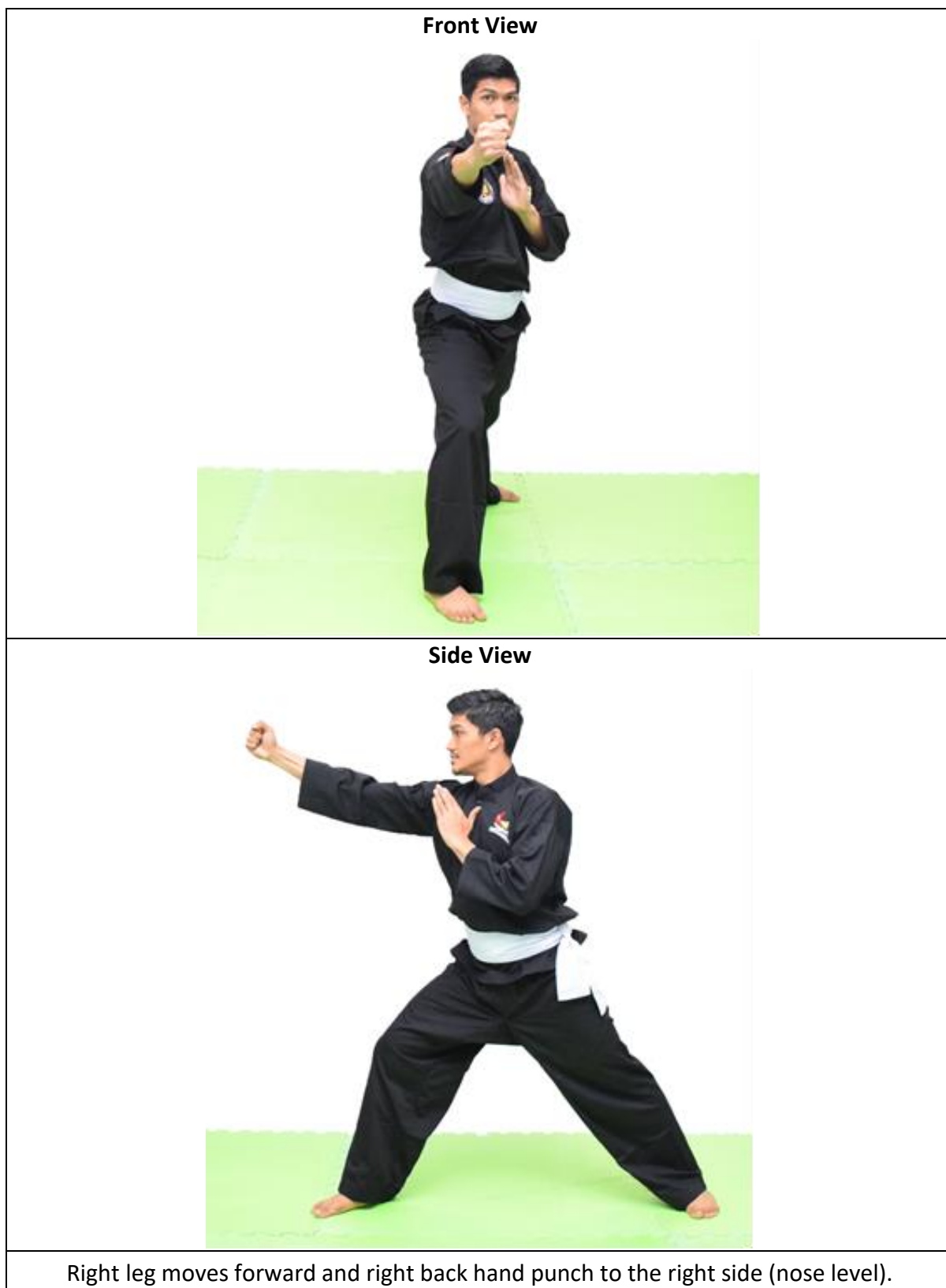


Front View



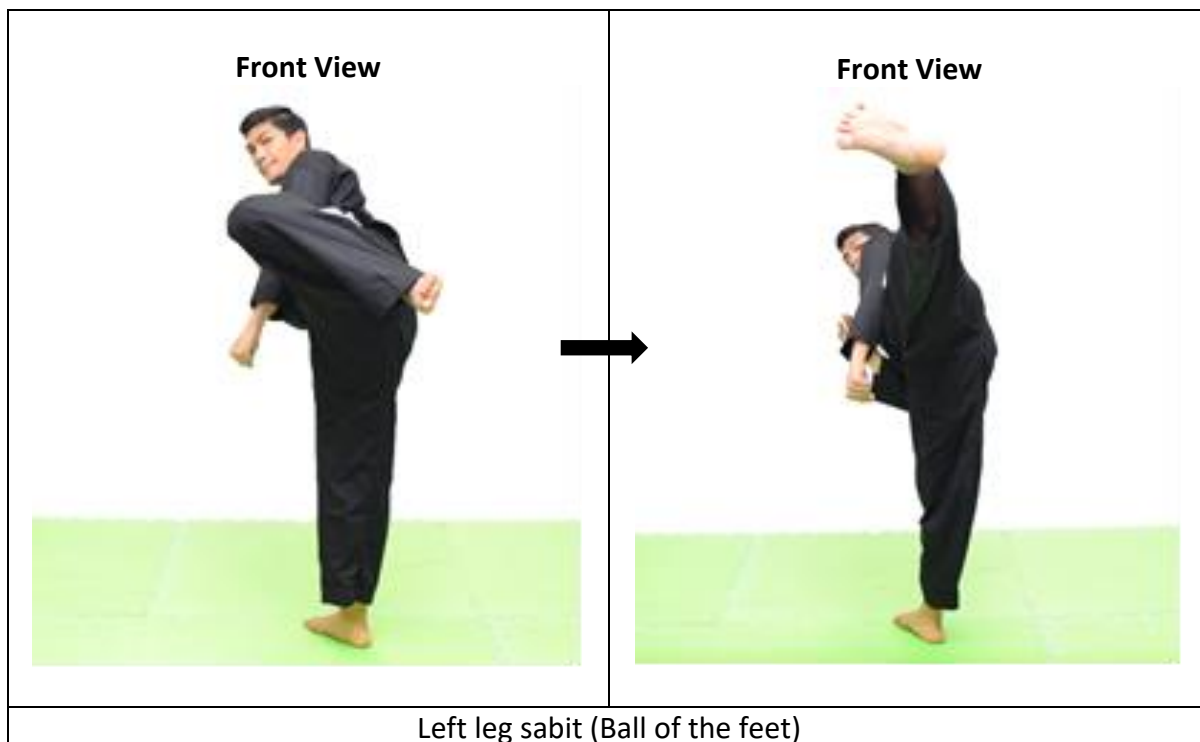
1. Right leg on shift on the right side and center stance and lift body slightly to the left side.

2. Right back hand blocking downward to hip level.

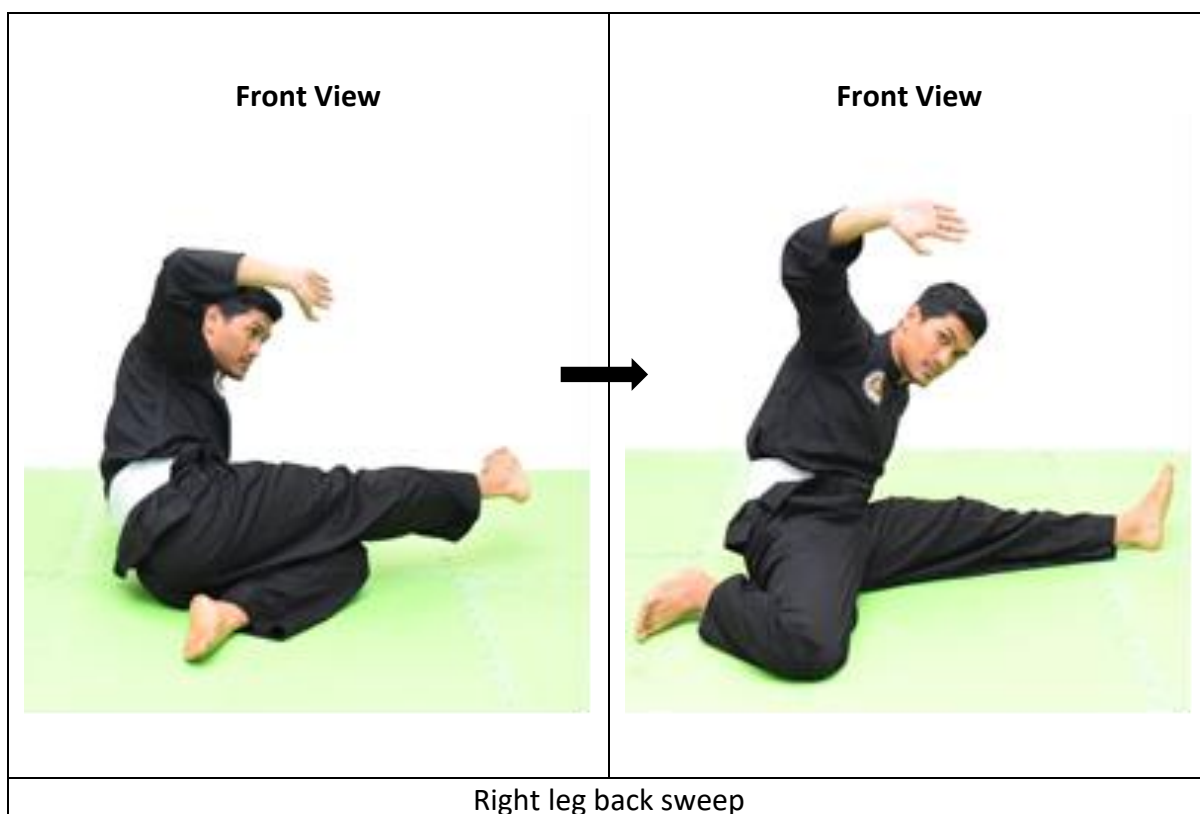
PACKAGE 3**Step 3**

PACKAGE 3

Step 4

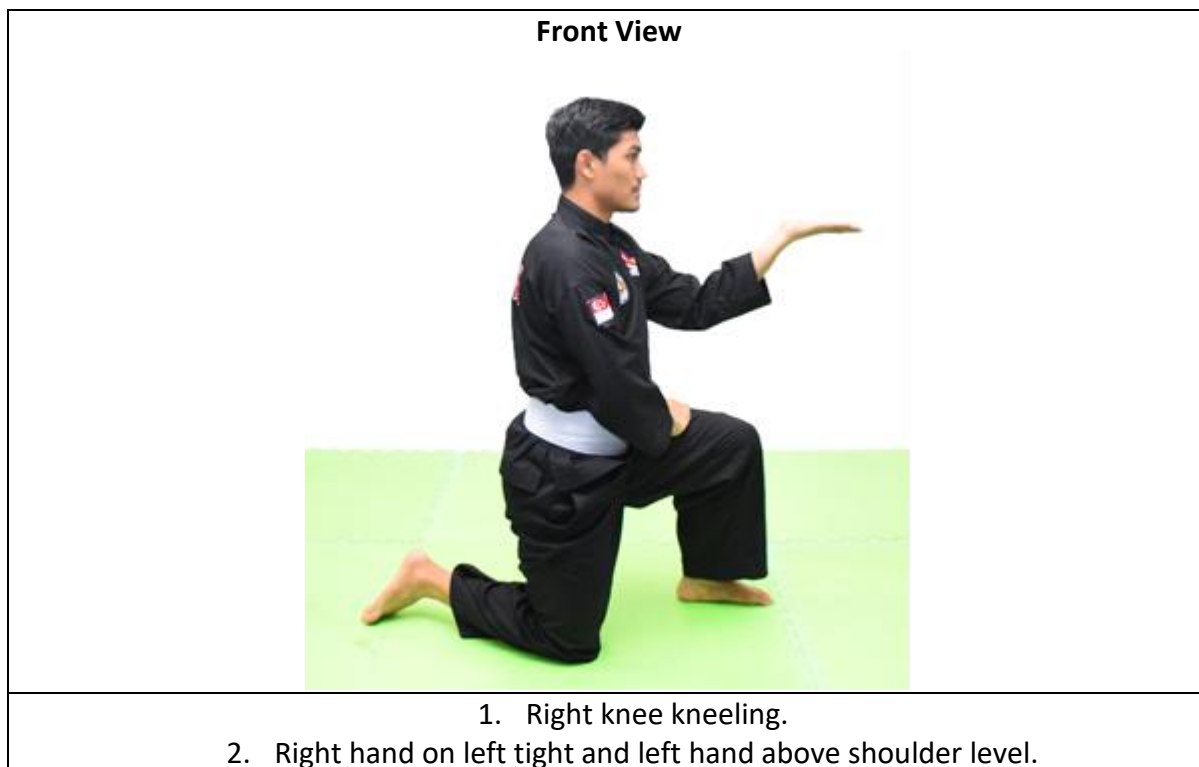
**PACKAGE 3**

Step 5



PACKAGE 4

Step 1

**PACKAGE 4**

Step 2



PACKAGE 4

Step 3

**PACKAGE 4**

Step 4



PACKAGE 4

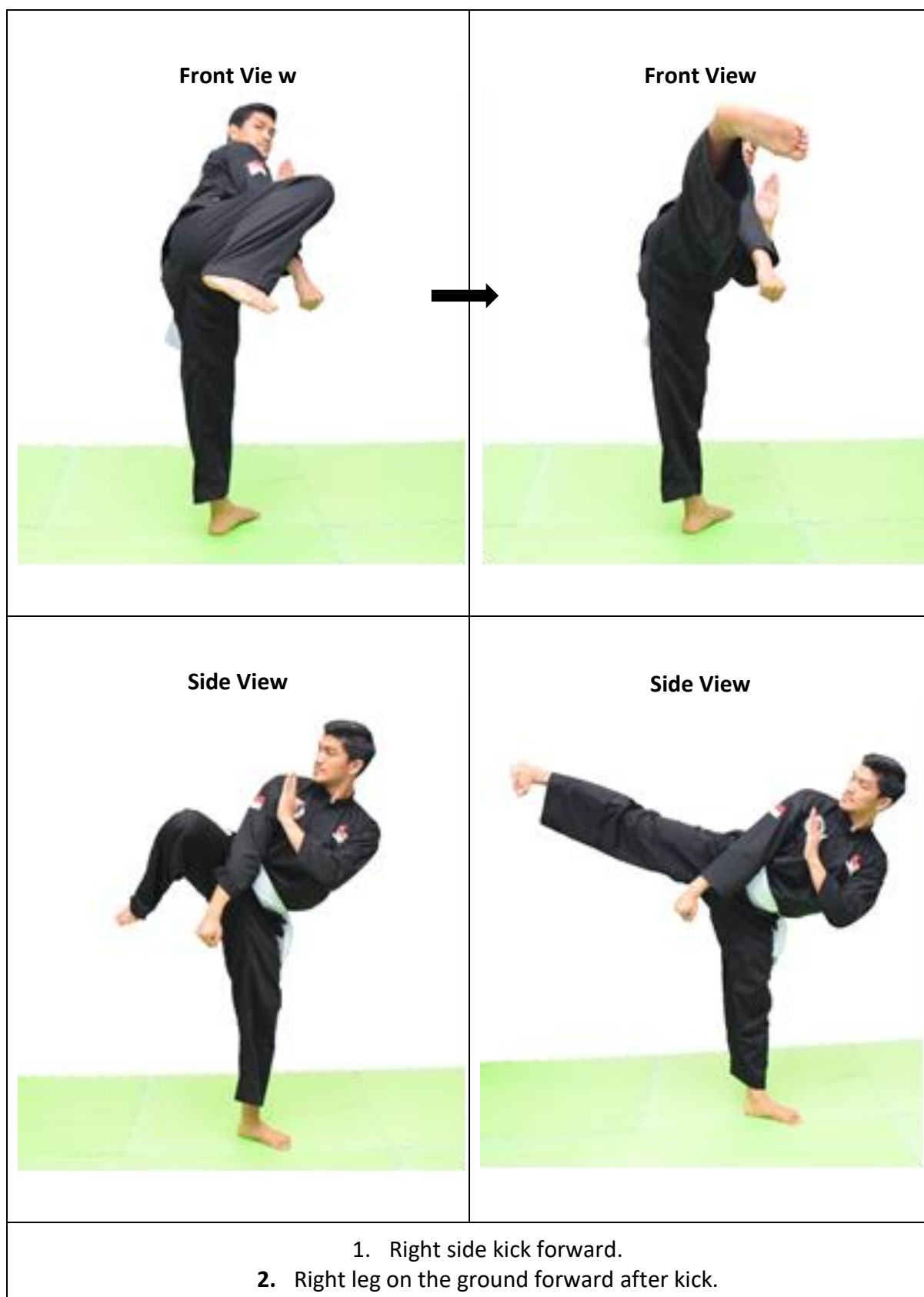
Step 5

Front View

Move left leg 45 degree forward to the left elbow side way forward

PACKAGE 4

Step 6



PACKAGE 4


Step 7

Front View**Side View****Right hand strike forward (Palm Open)**

PACKAGE 4

Step 8

Front View




1. Right leg pull back align with the left leg (right leg tip toe) and face left side
2. Right hand palm facing the face.

PACKAGE 5

Step 1

Front View



1. Right leg cross over the left and low stance.
2. Left hand facing front (Palm Open)

PACKAGE 5

Step 2

Front View




1. Move left leg forward and slightly to the left side.
2. Both hand on ground position.

PACKAGE 5

Step 3

Front View




1. Right leg move forward.
2. Right hand knuckle strike forward

PACKAGE 5

Step 4

Front View




1. Right leg move 45 degree forward.
2. Left hand upper cut forward.

PACKAGE 5

Step 5

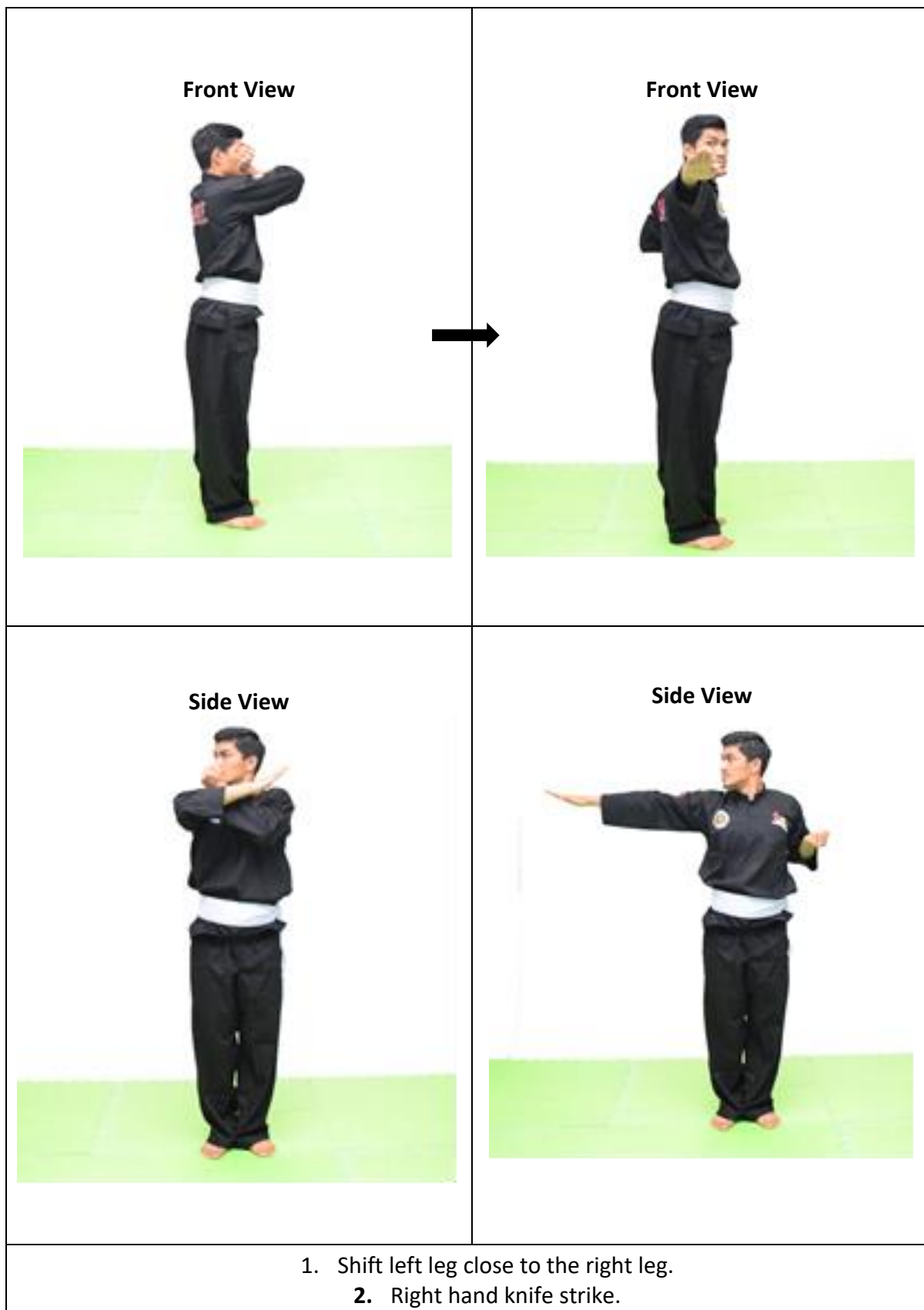
Front View



1. Shift left leg align with right leg and centre stance.
2. Right hand side block and face forward.

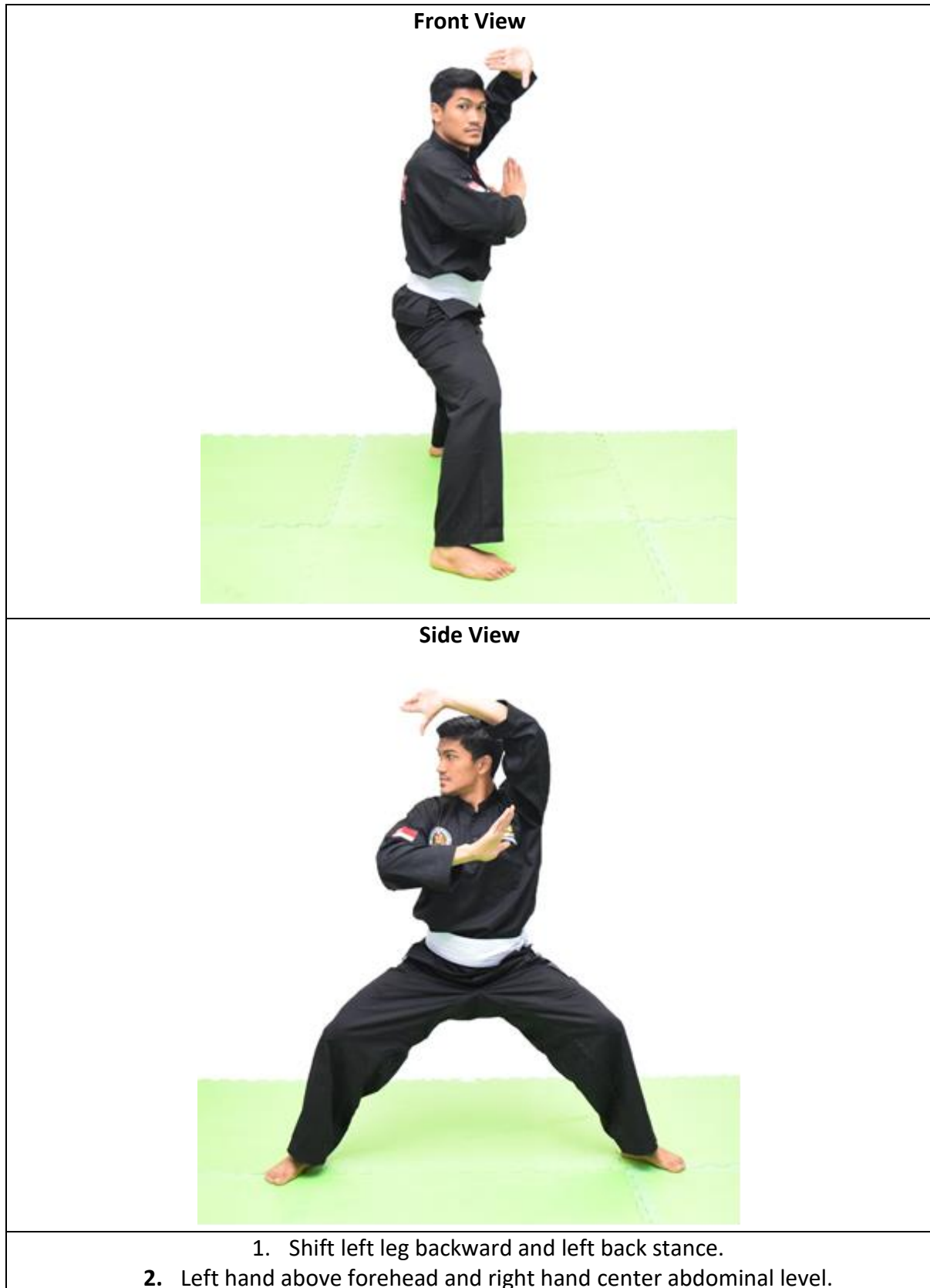
PACKAGE 5

Step 6







PACKAGE 5

Step 7

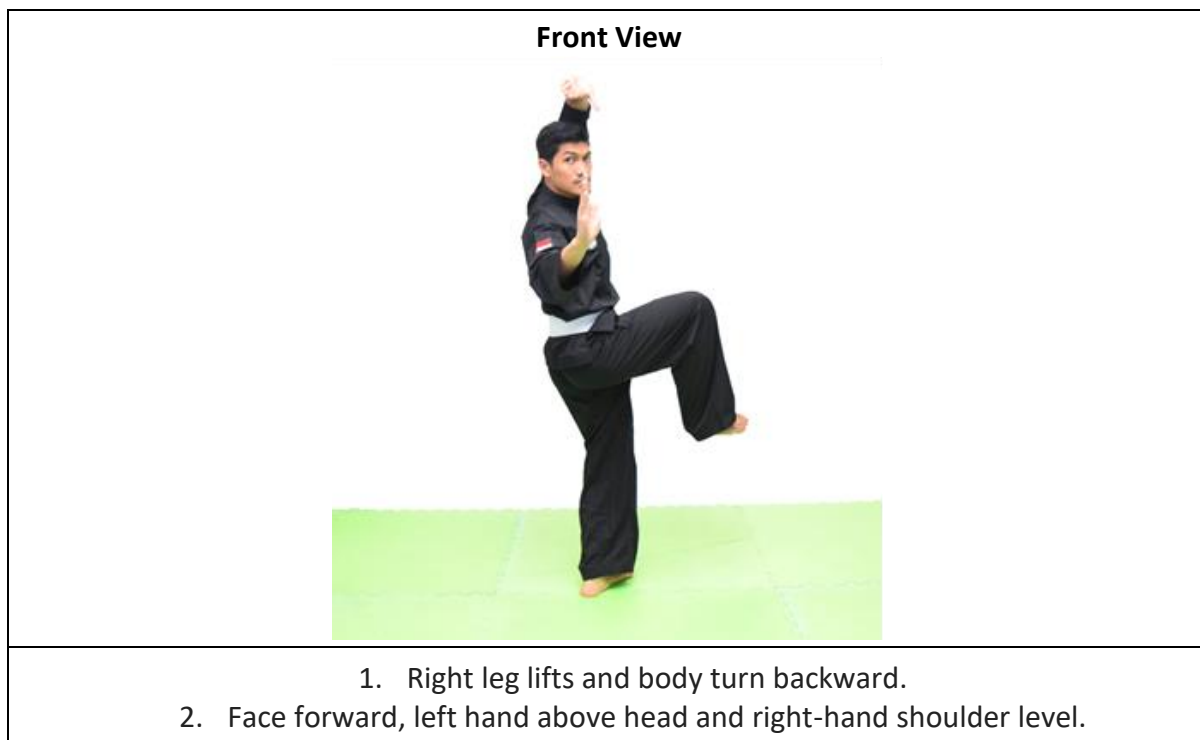


PACKAGE 6**Step 1**

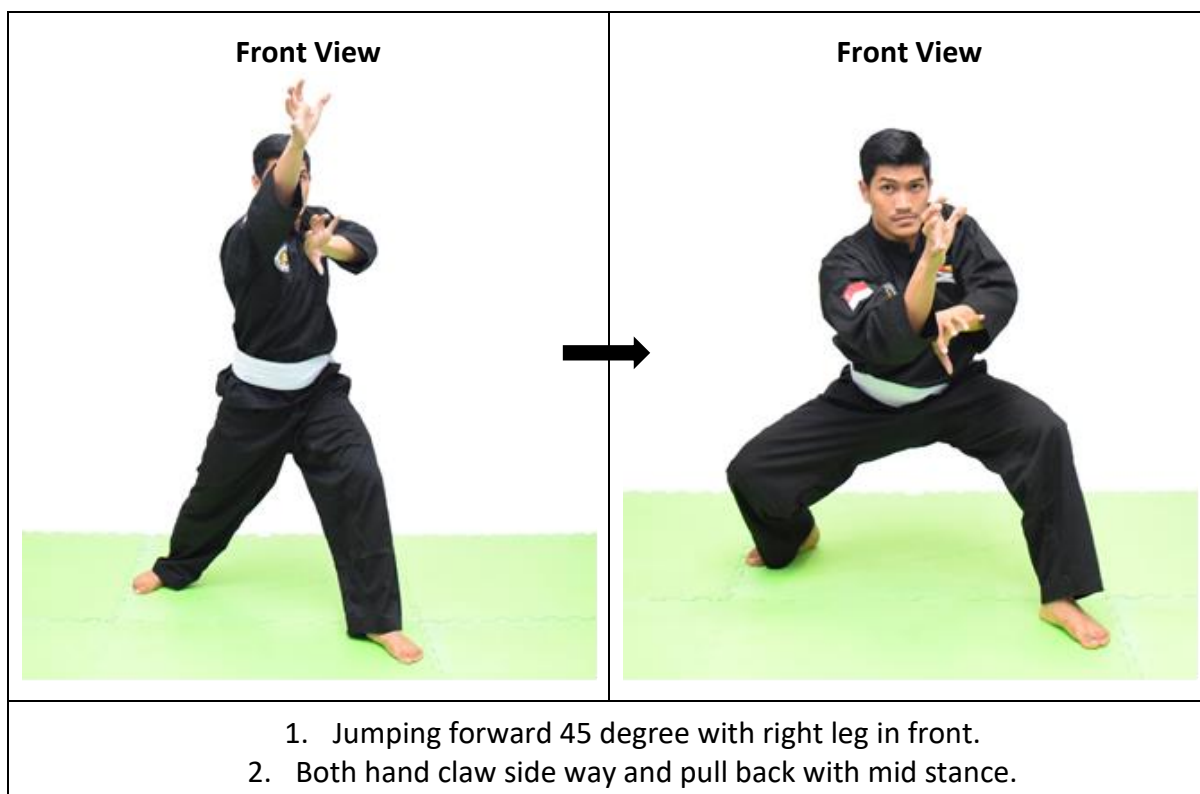
<p style="text-align: center;">Front View</p> 	<p style="text-align: center;">Front View</p> 	<p style="text-align: center;">Front View</p> 	<p style="text-align: center;">Side View</p> 
<ol style="list-style-type: none"> 1. Lift up right knee and shift backward. 2. Right hand palm facing upward and left hand at chest level. 		<ol style="list-style-type: none"> 1. Clinch right hand above shoulder level and face forward. 2. Left leg forward stance. 	

PACKAGE 6

Step 2

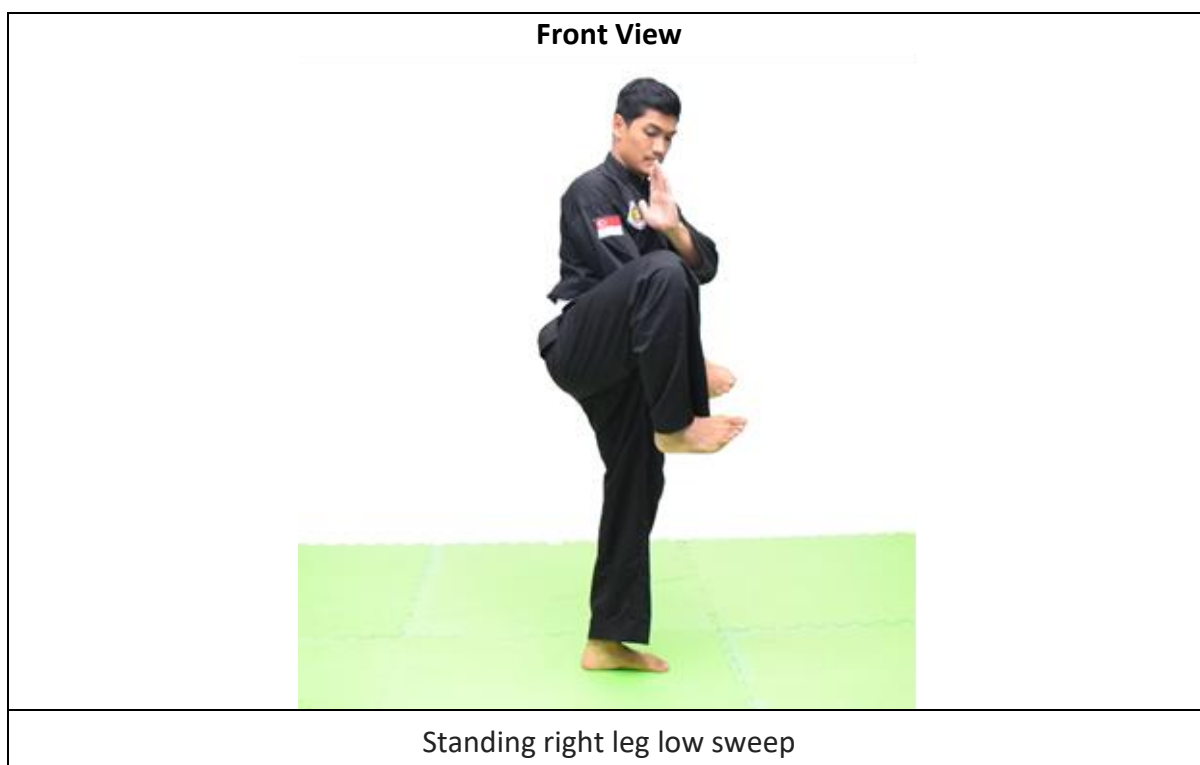
**PACKAGE 6**

Step 3



PACKAGE 6

Step 4

**PACKAGE 6**


Step 5



PACKAGE 6

Step 6

Front View



1. Right leg shift 45 degree forward.
2. Eagle stance.

PACKAGE 6

Step 7

Front View



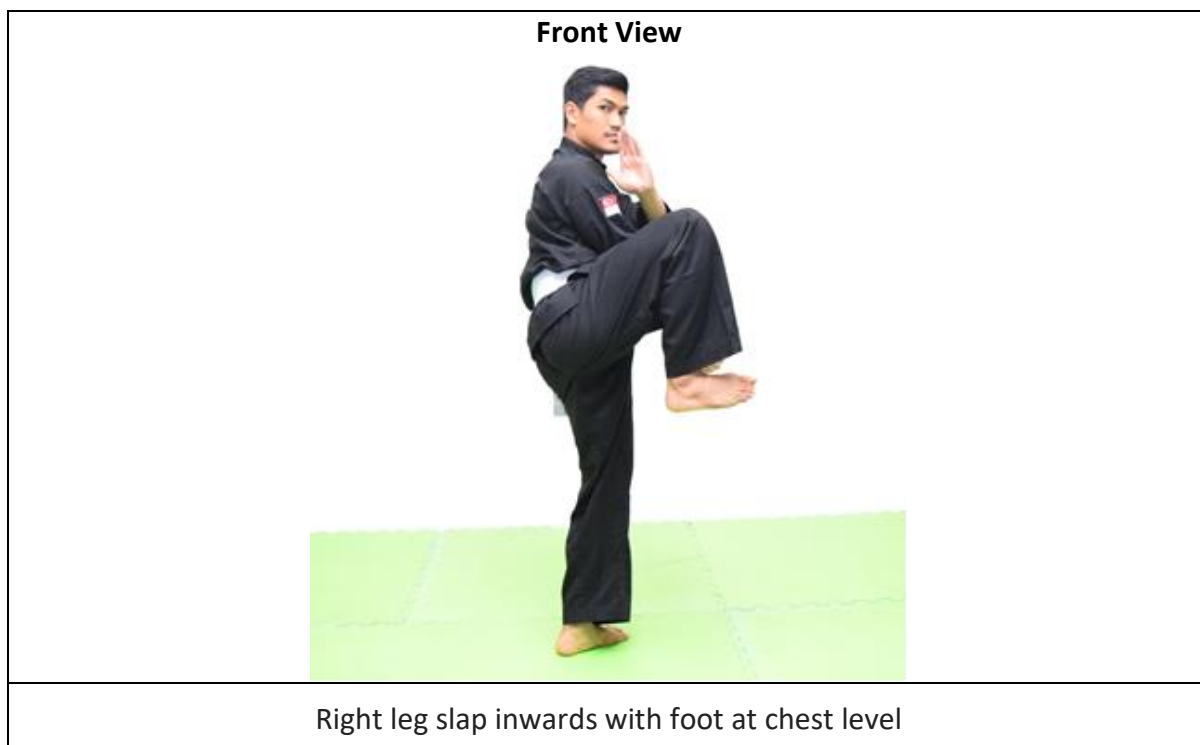
Shift left leg align with the right leg and right back stance.

PACKAGE 7

Step 1

**PACKAGE 7**

Step 2

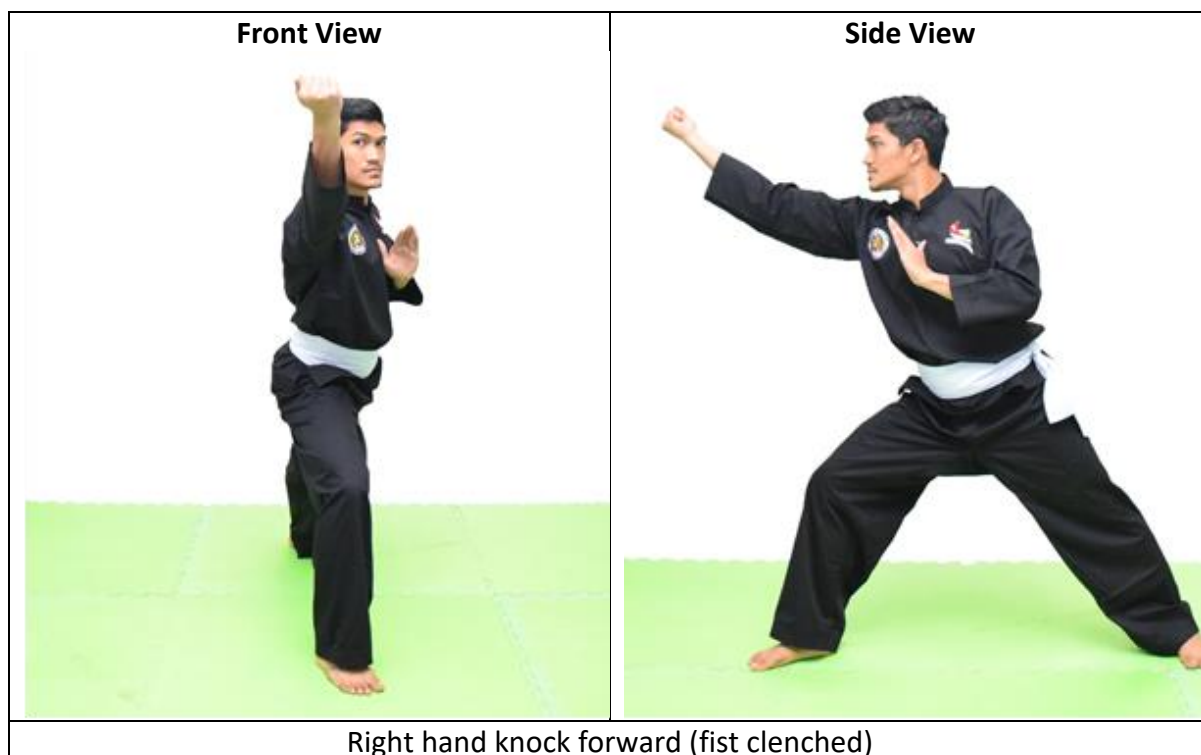


PACKAGE 7

Step 3

**PACKAGE 7**

Step 4

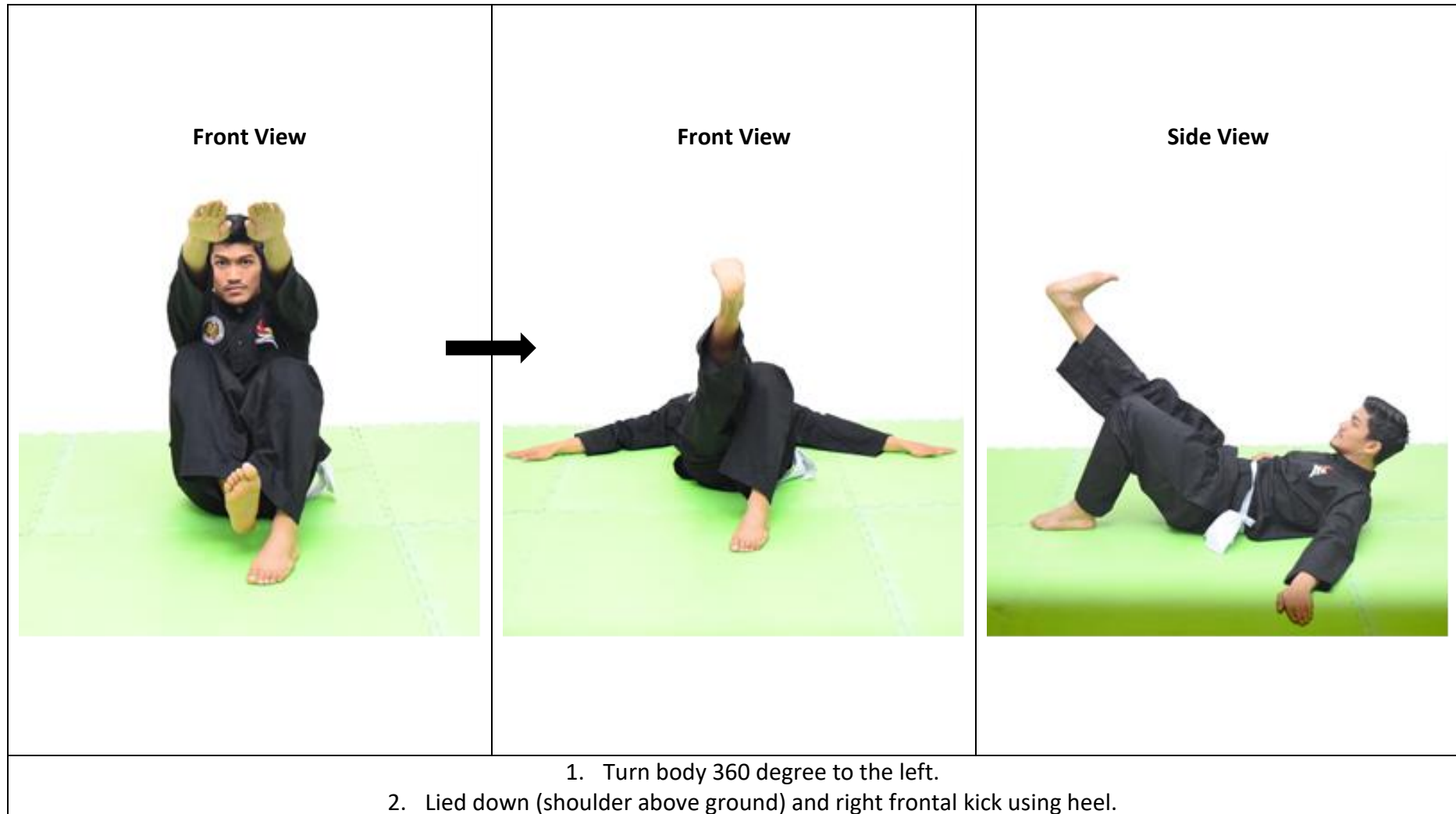


PACKAGE 7

Step 7

Front View

Right front sweep forward and left-hand block above forehead

PACKAGE 7**Step 8**

PACKAGE 7

Step 9

Front View**Front View**

Sit up and left leg bent above right leg

PACKAGE 7**Step 10**

PACKAGE 7

Step 11

Front View

Scissors after the double horse kick








SINGLE MOVEMENT (WEAPON – GOLOK)**PACKAGE 1**

Step 1

Front View



PACKAGE 1**Step 2**

<p>Front View</p> 	<p>Front View</p> 	<p>Front View</p> 	<p>Front View</p> 
<p>Side View</p> 	<p>Side View</p> 	<p>Side View</p> 	
<ol style="list-style-type: none"> 1. Stand and move three (3) steps (cross steps) to the back. 2. Right hand with weapon face back (above shoulder level). 			

PACKAGE 1






Step 3

Front View

Turn & body facing to right side and swing weapon outwards (above shoulder level).

PACKAGE 1

Step 4

<p style="text-align: center;">Front View</p> 	<p style="text-align: center;">Front View</p> 	<p style="text-align: center;">Front View</p> 
<ol style="list-style-type: none"> 1. Lift up weapon, swing downwards and move upwards in one (1) motion. 2. At the same time take two (2) steps (cross steps) 45 degrees to the left. 		
<p style="text-align: center;">Front View</p> 	<p style="text-align: center;">Side View</p> 	
<ol style="list-style-type: none"> 1. Turn body 45 degrees to right and swing long knife outwards. 2. Strike weapon side way shoulder level. 		

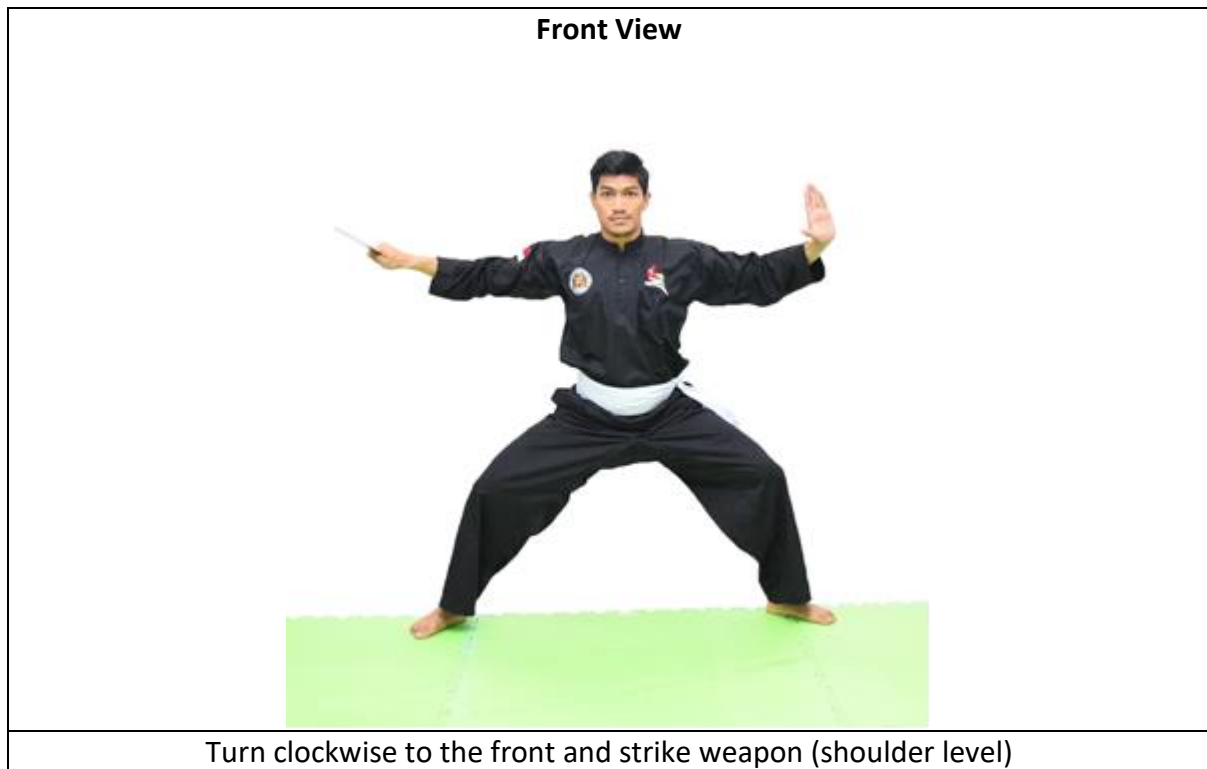
PACKAGE 1

Step 5

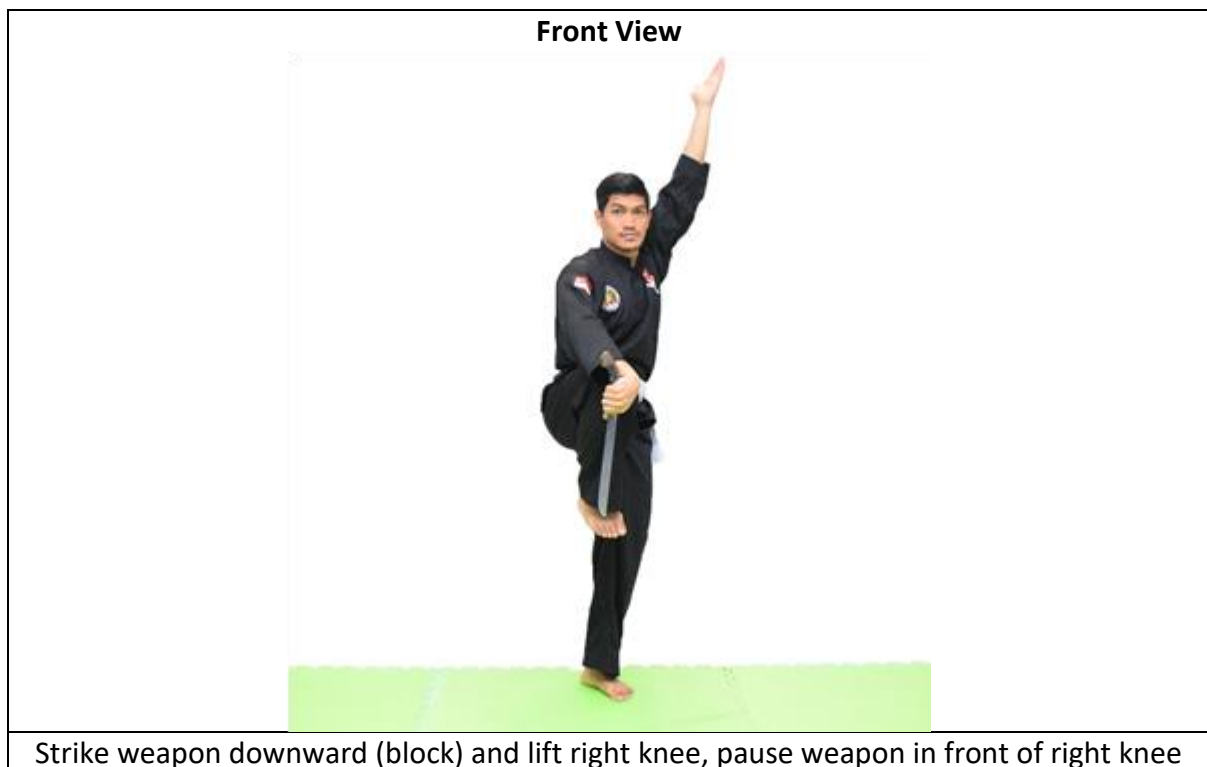


PACKAGE 1

Step 6

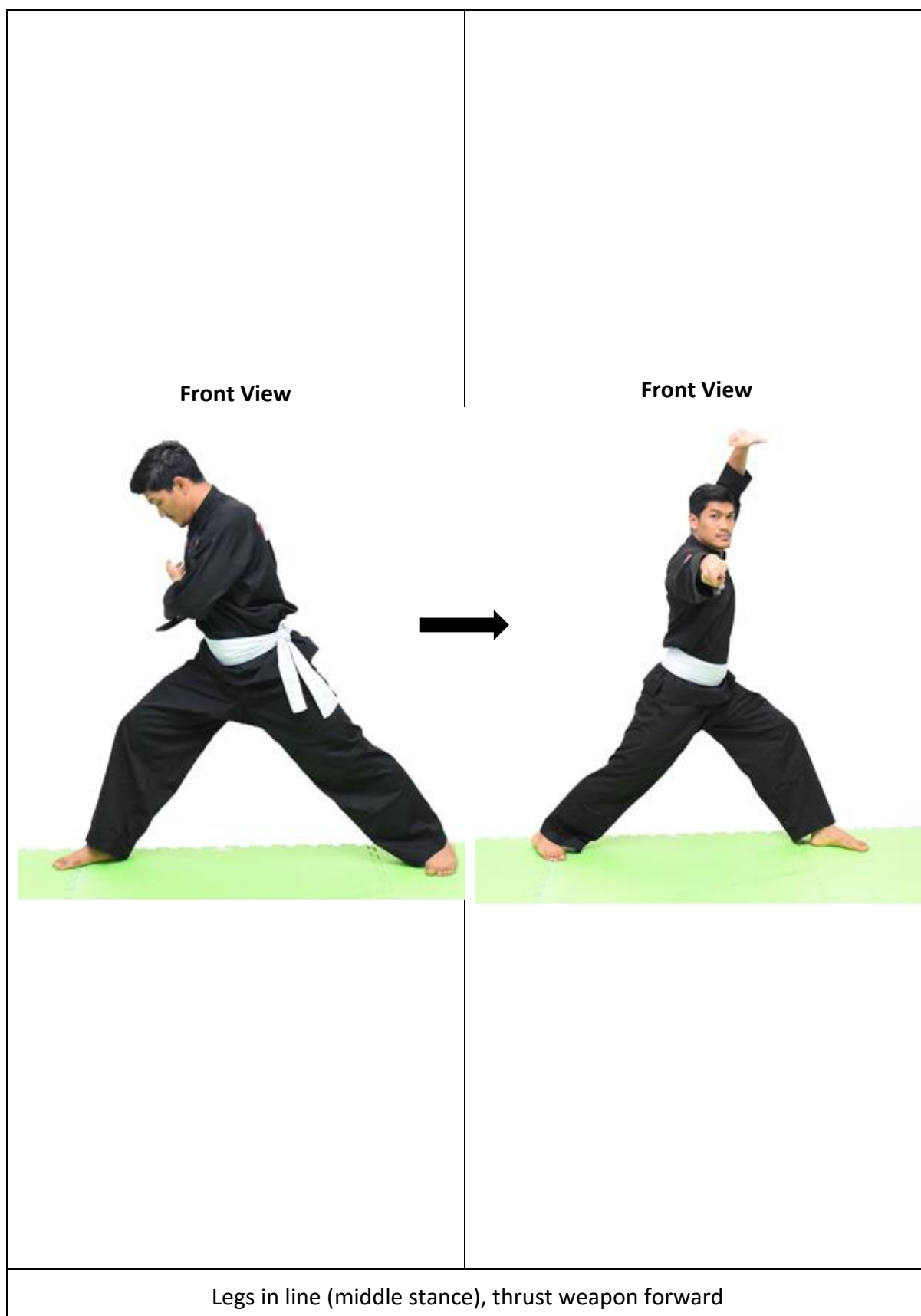
**PACKAGE 1**

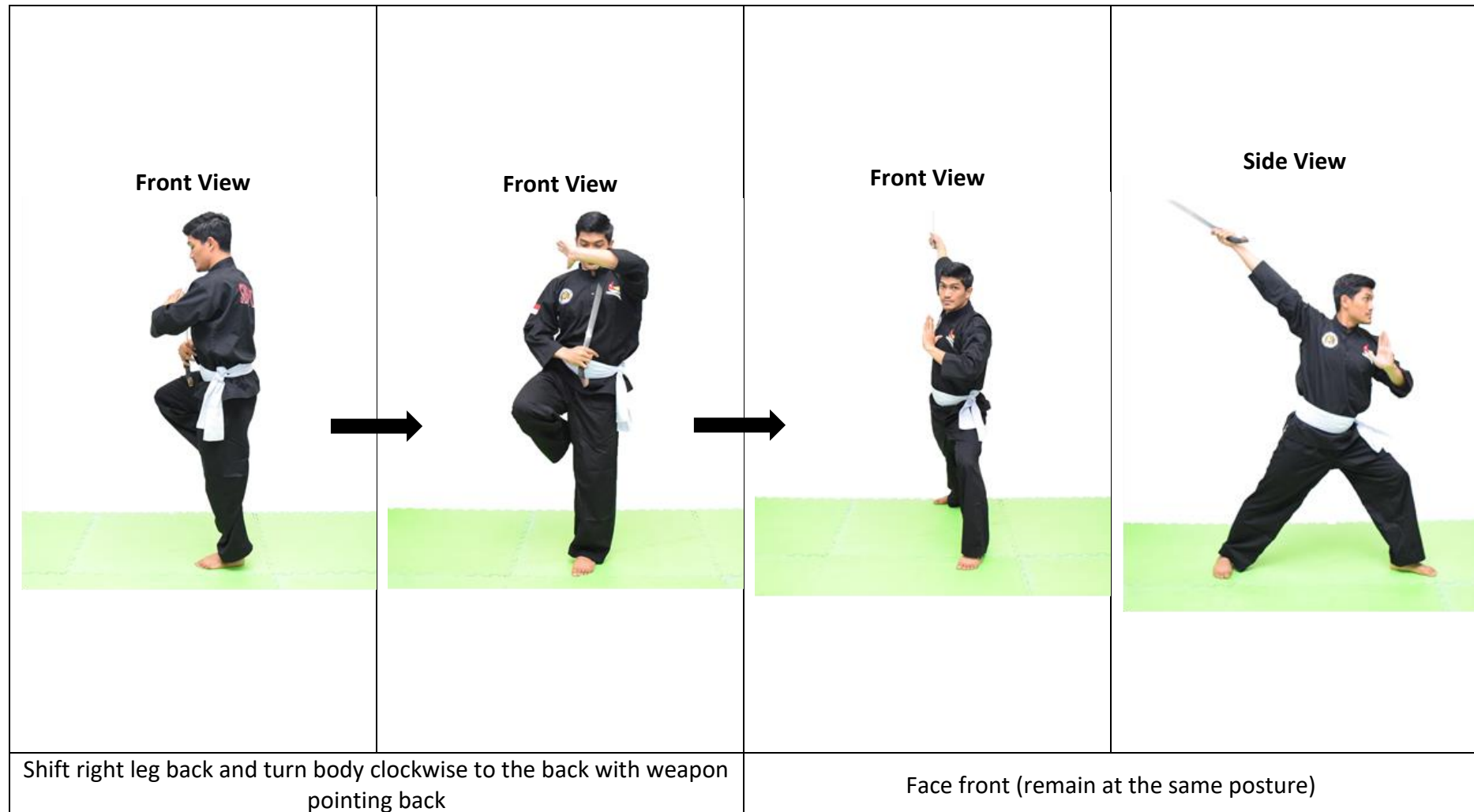
Step 7



PACKAGE 2

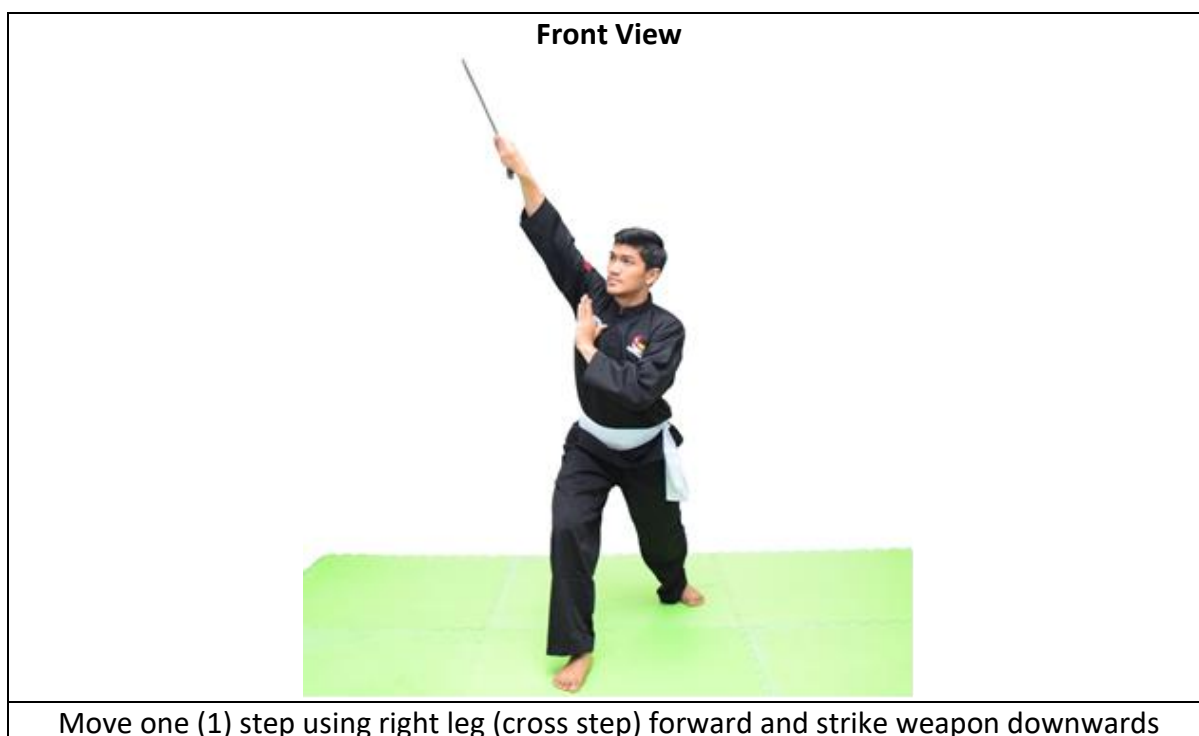
Step 1



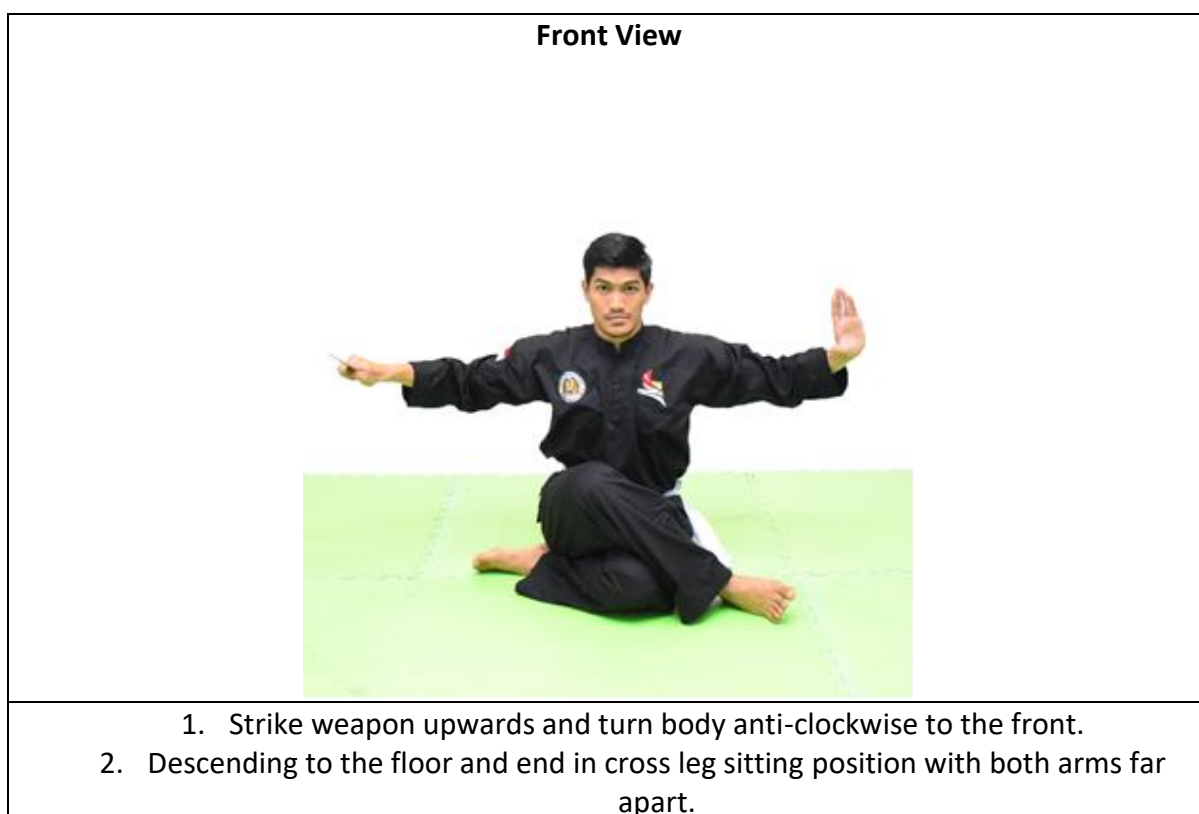
PACKAGE 2**Step 2**

PACKAGE 2

Step 3

**PACKAGE 2**

Step 4



PACKAGE 2

Step 5

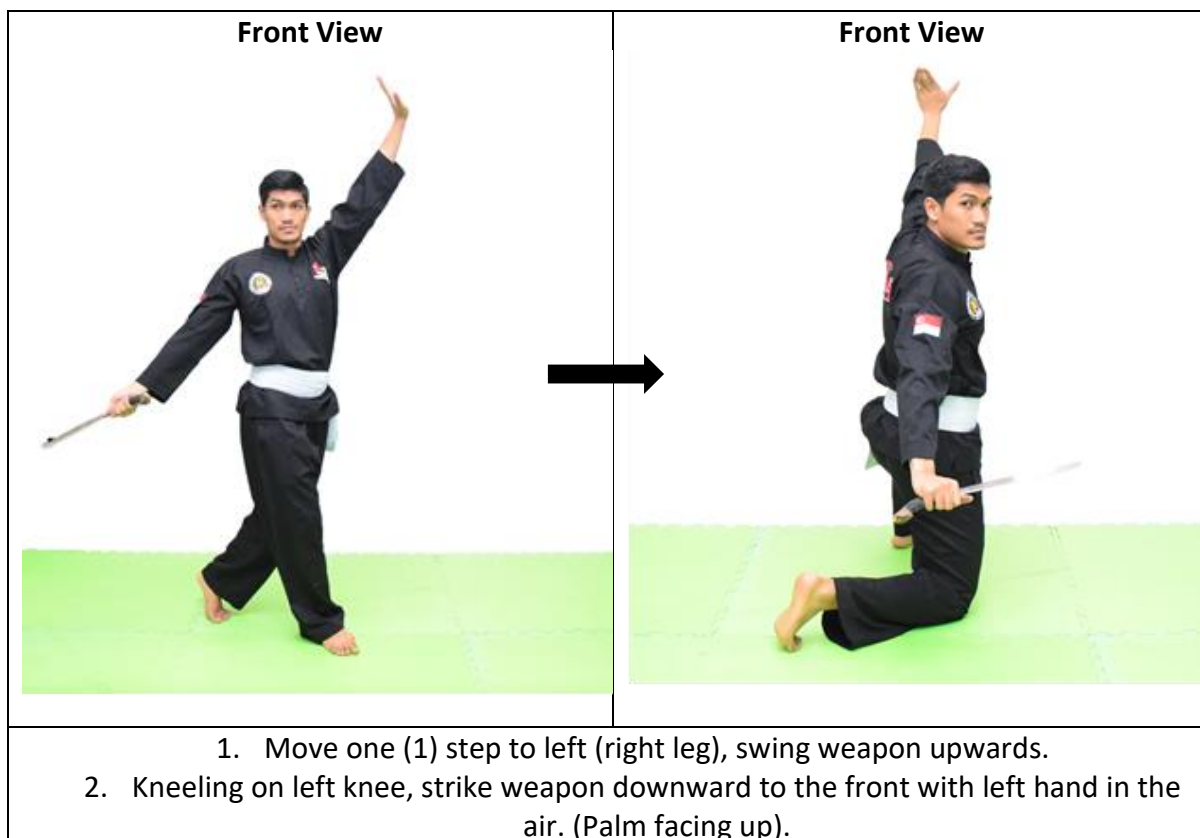
Front View	Front View	Front View	Side View
			
<ol style="list-style-type: none"> 1. Shift body 45 degrees to the right and block oneself using left arm. 2. Shift weight and kneel on left leg and at the same time change the way of holding the long knife 		<p>Stand 45 degrees to the left (standing stance) and block using long knife (bring long knife closer to forearm).</p>	

PACKAGE 2

Step 6

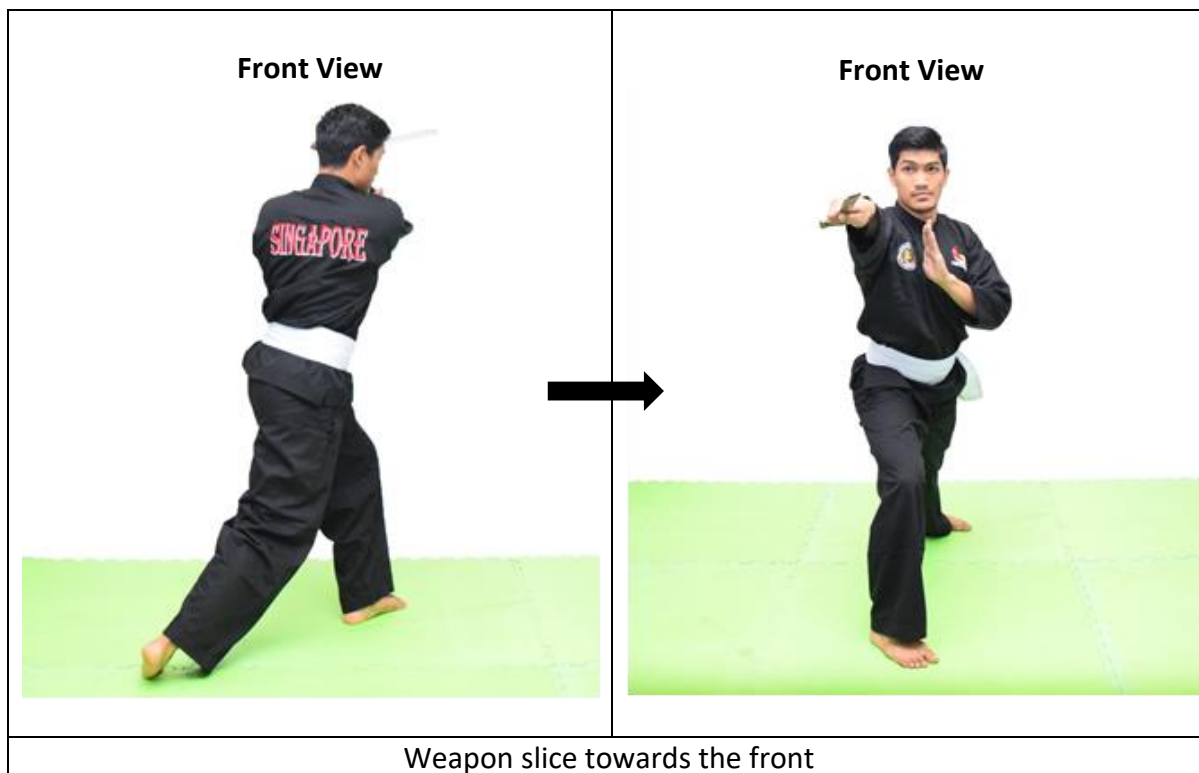
**PACKAGE 3**

Step 1

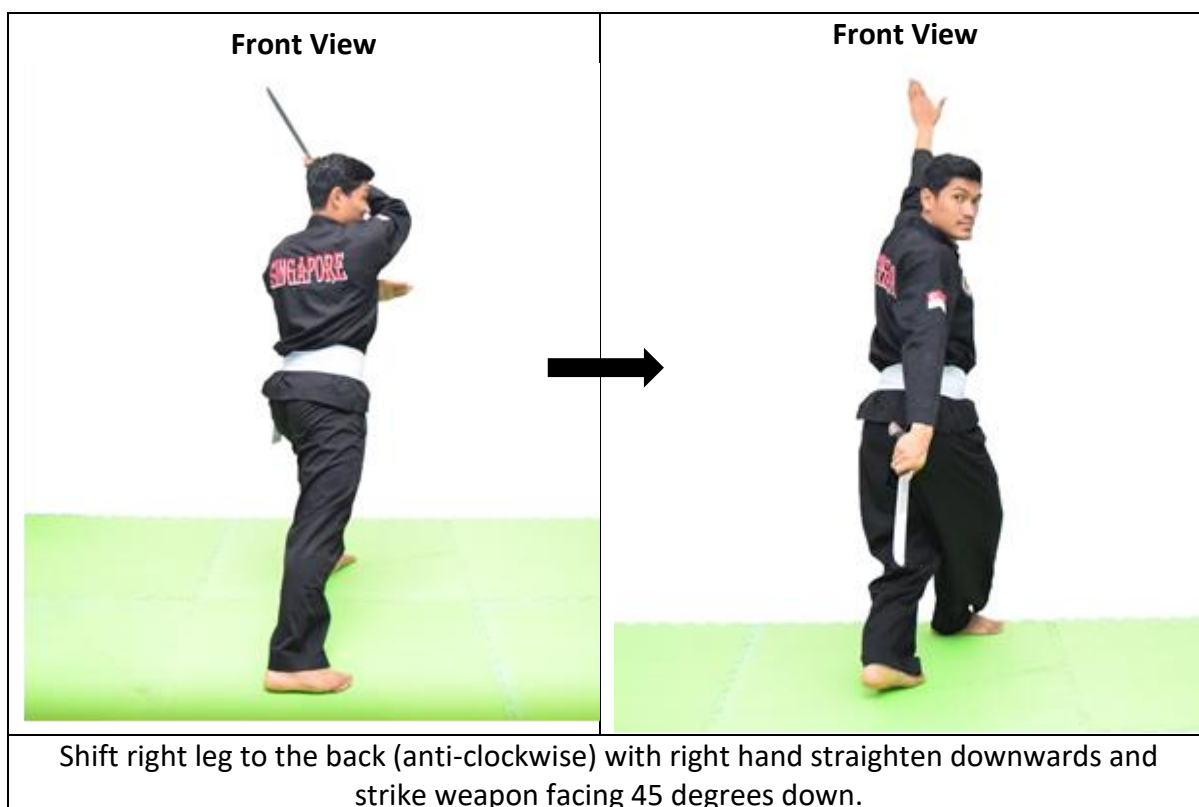


PACKAGE 3

Step 2

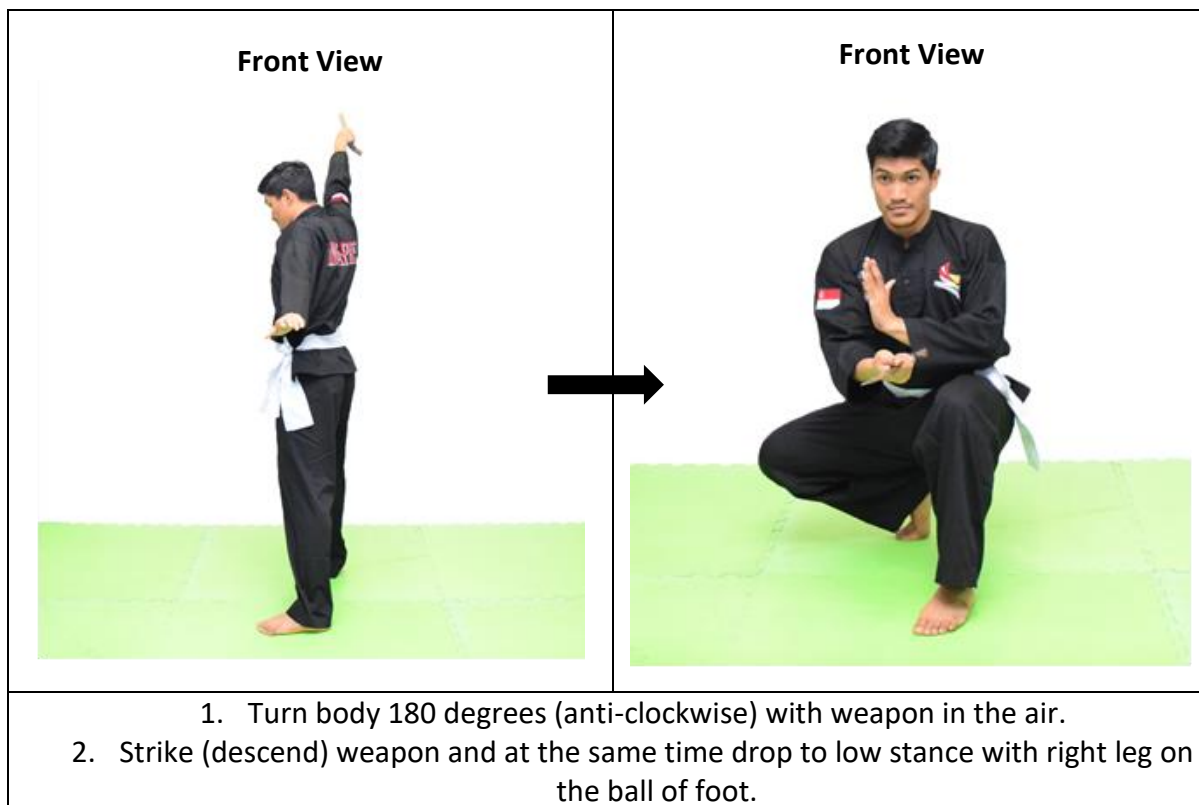
**PACKAGE 3**

Step 3

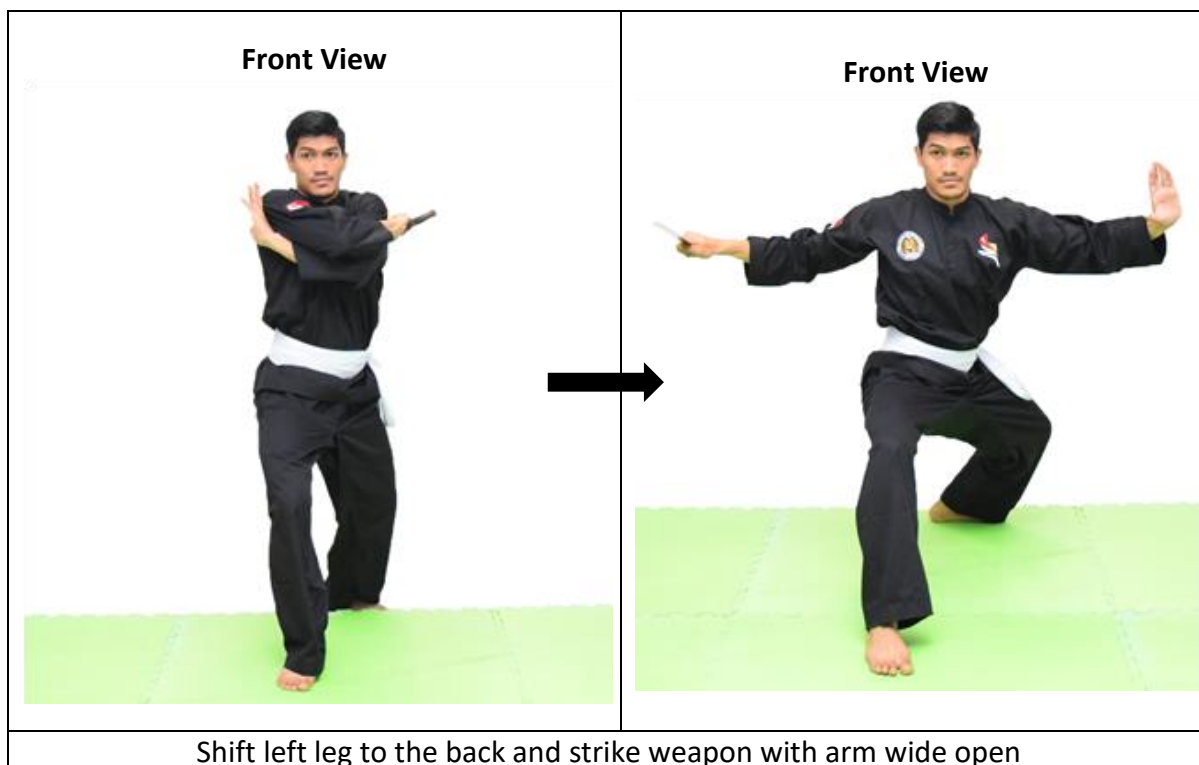


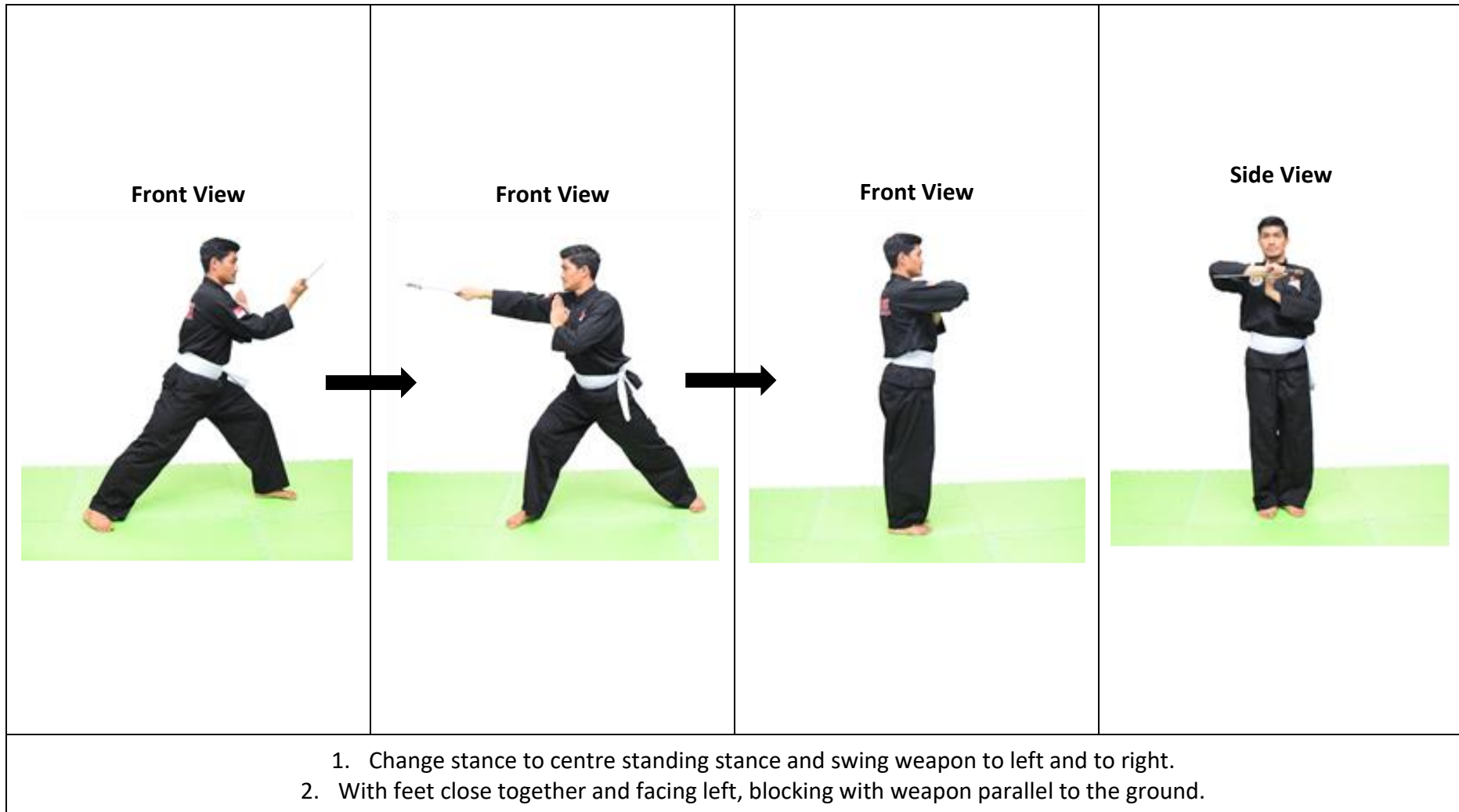
PACKAGE 3

Step 4

**PACKAGE 3**

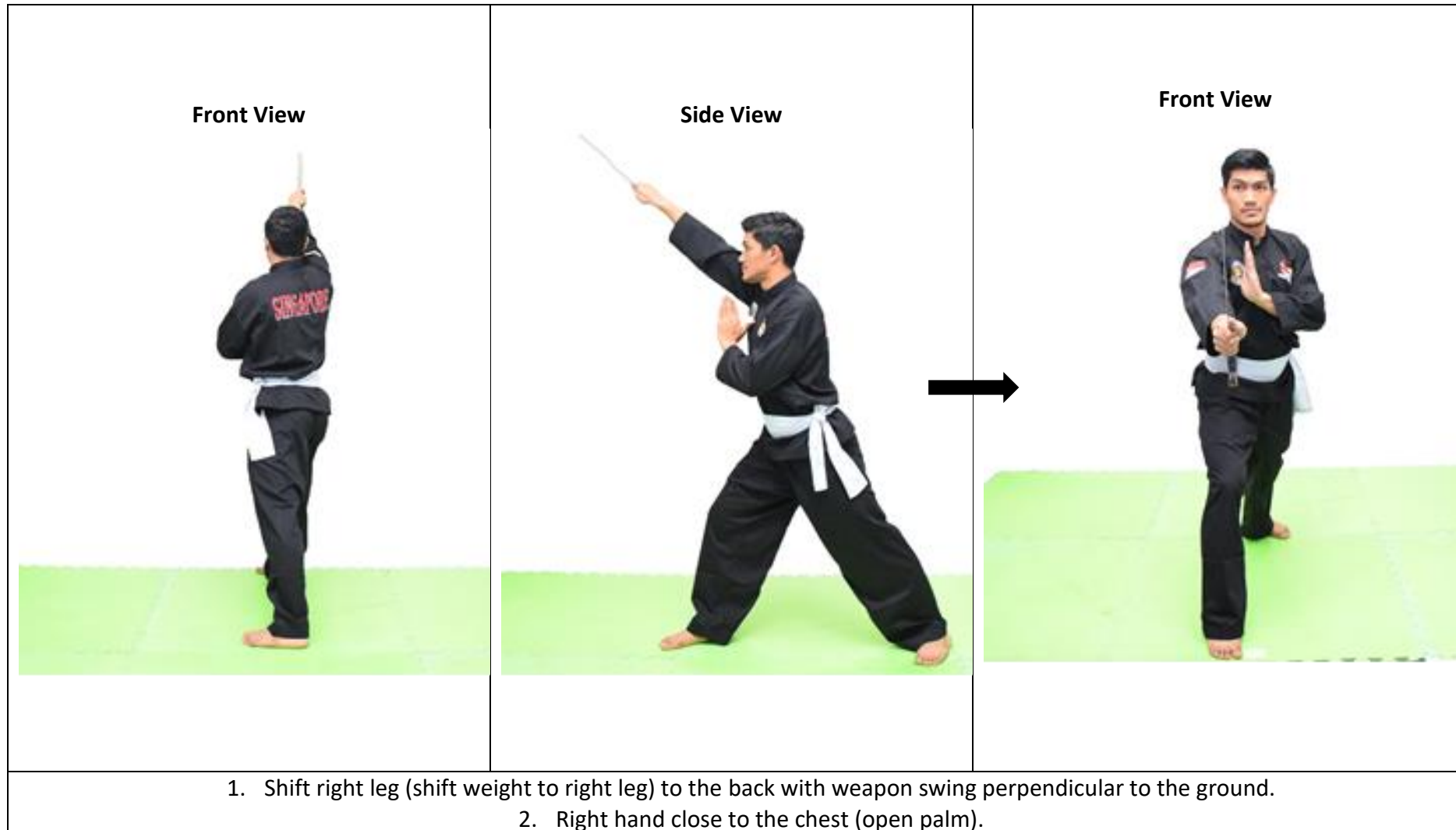
Step 5



PACKAGE 3**Step 6**

PACKAGE 3


Step 7




PACKAGE 3

Step 8

Front View



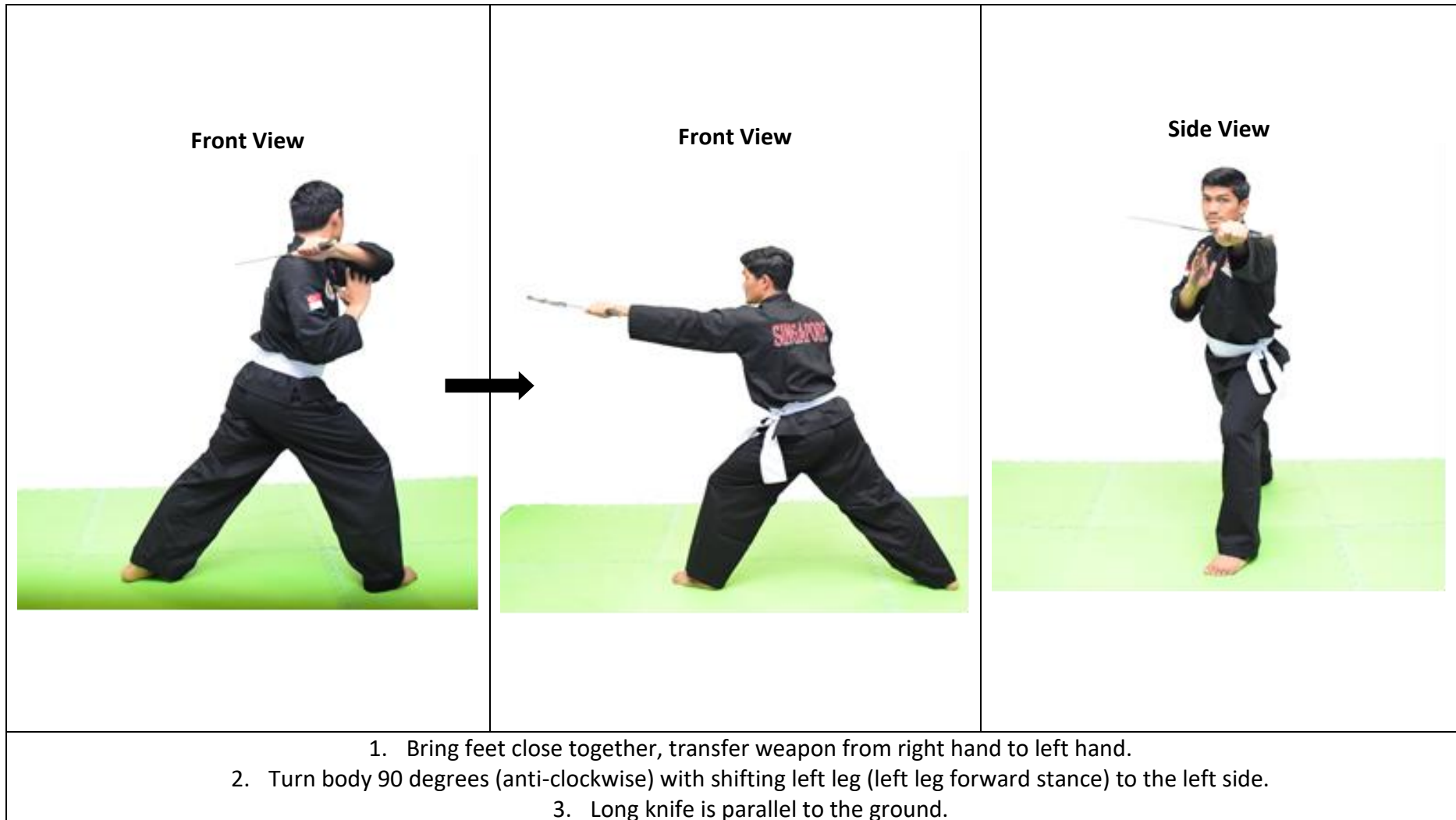
Front View



Move left leg 45 degrees to left and block oneself using weapon
(bring weapon away from forearm).

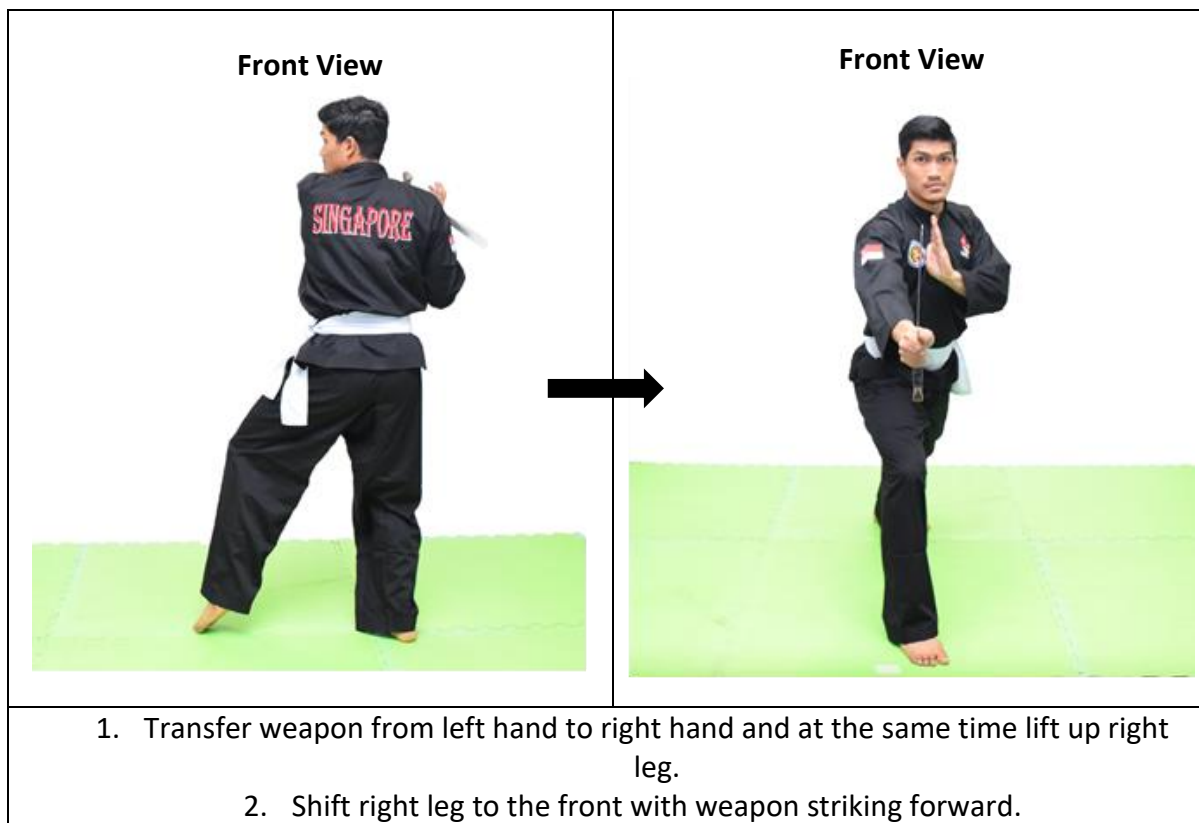
PACKAGE 3

Step 9

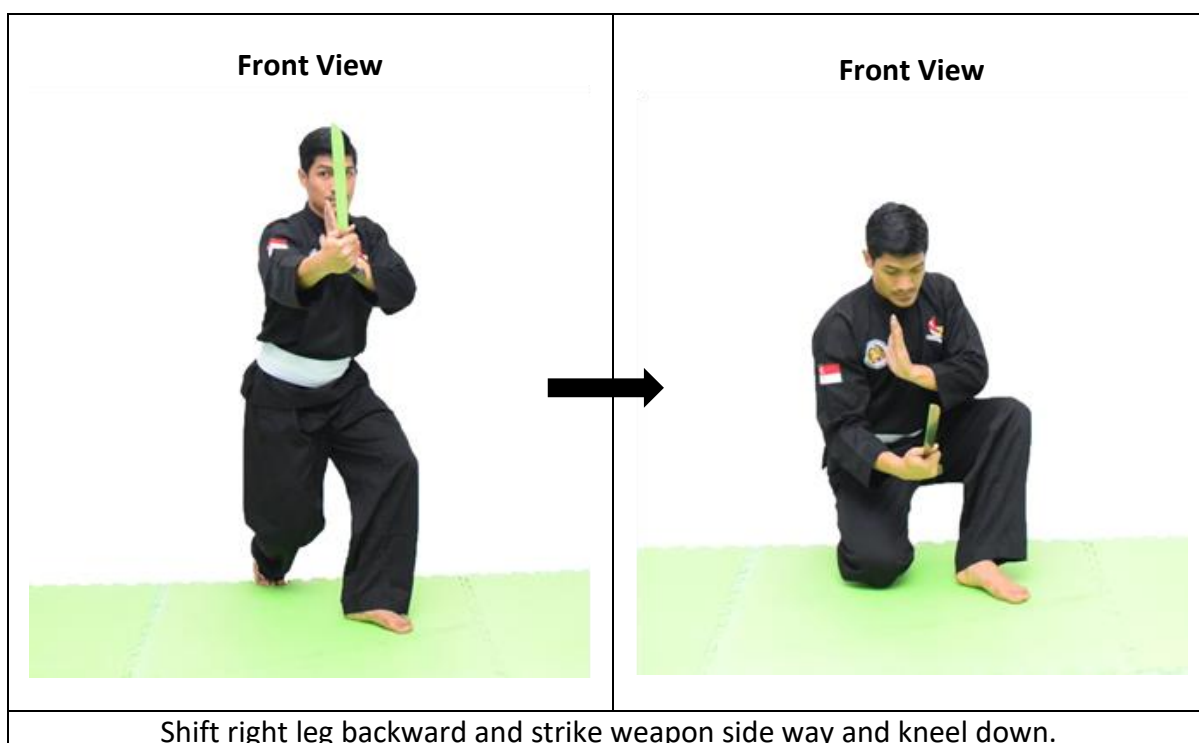


PACKAGE 3

Step 10

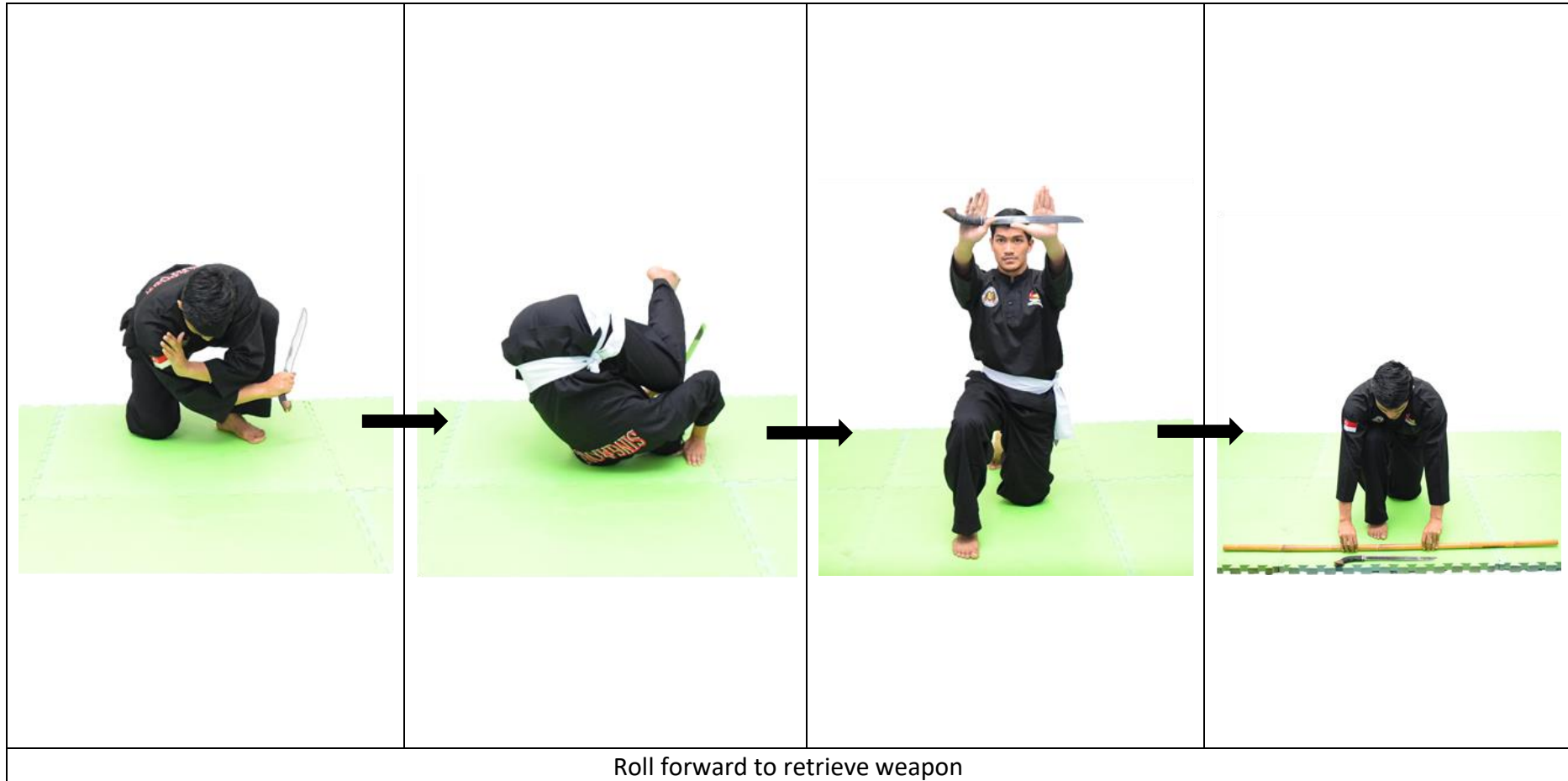
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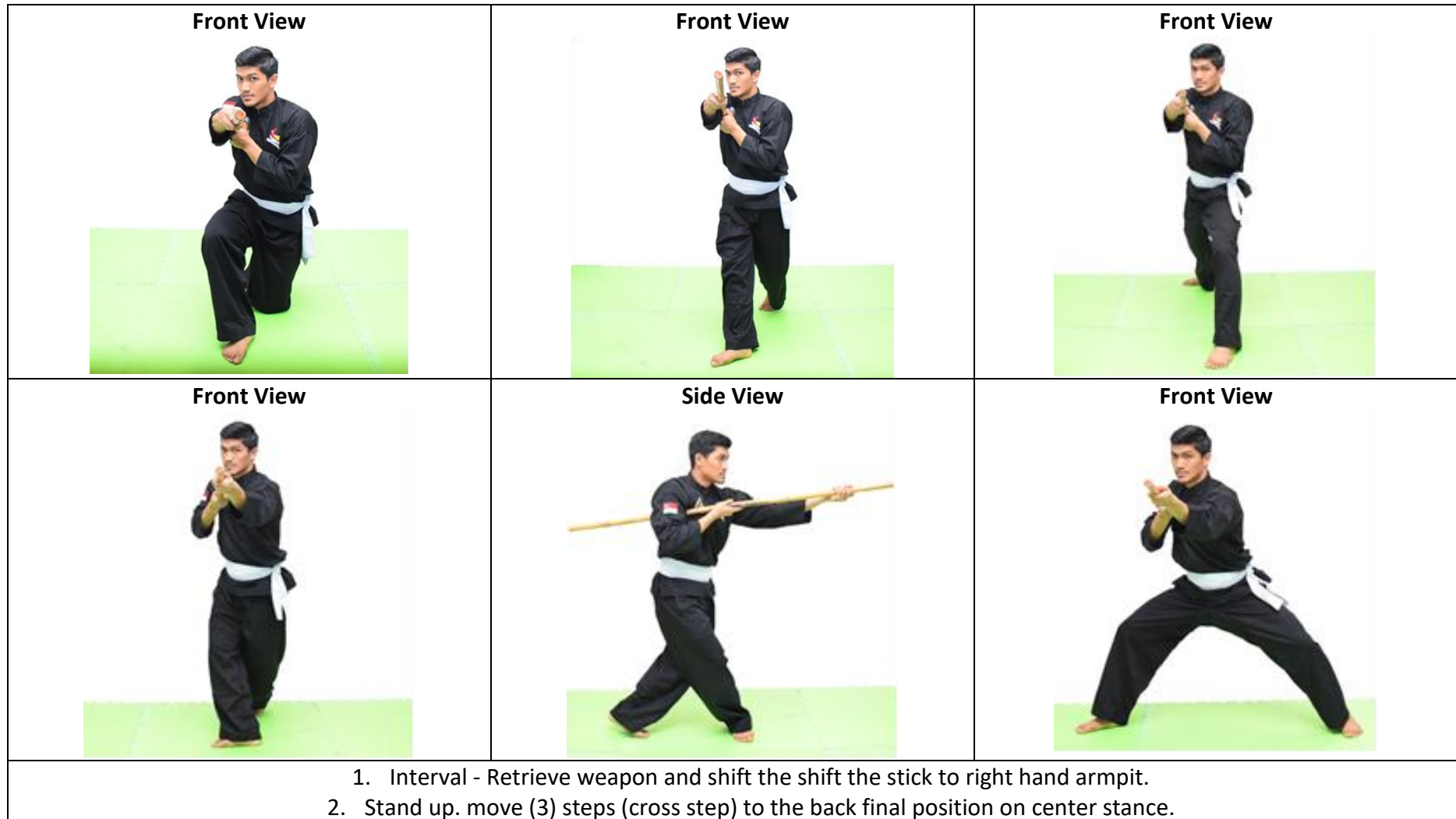
Step 11



SINGLE MOVEMENT (WEAPON – TOYA)

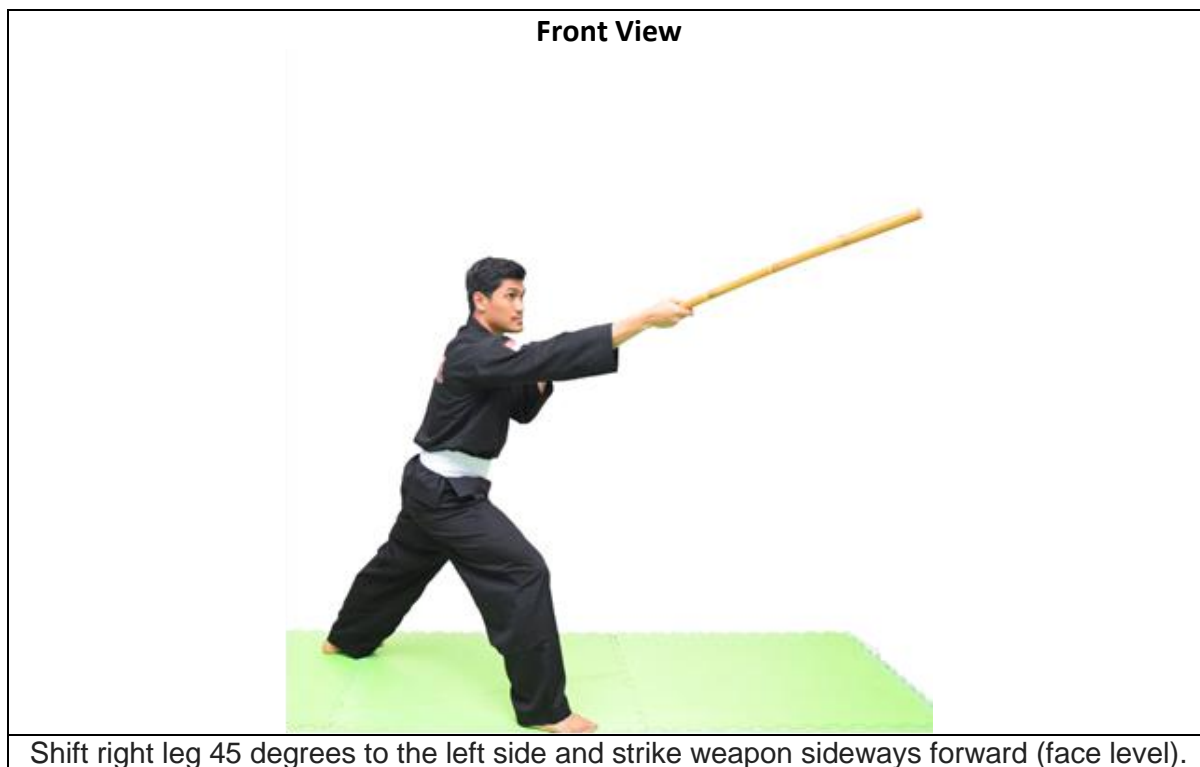
PACKAGE 1
INTERVAL
Front View



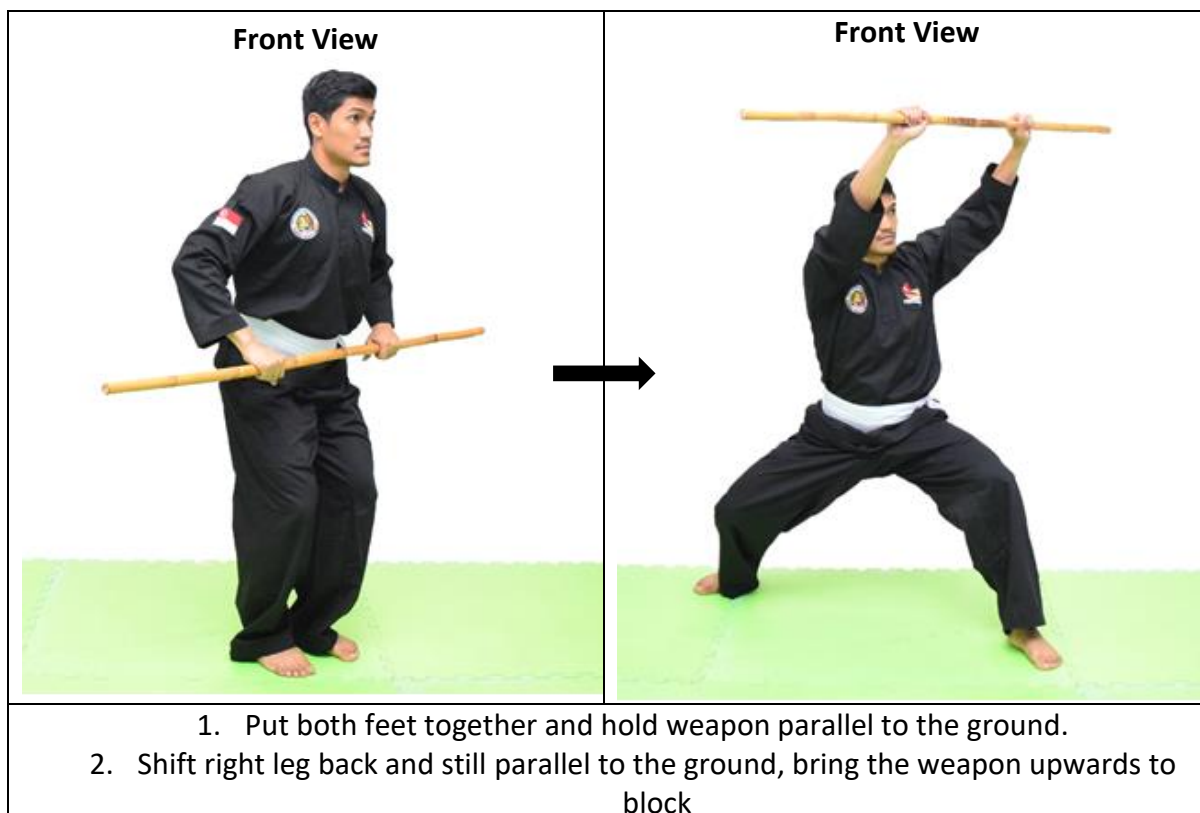
PACKAGE 1**Step 1**

PACKAGE 1

Step 2

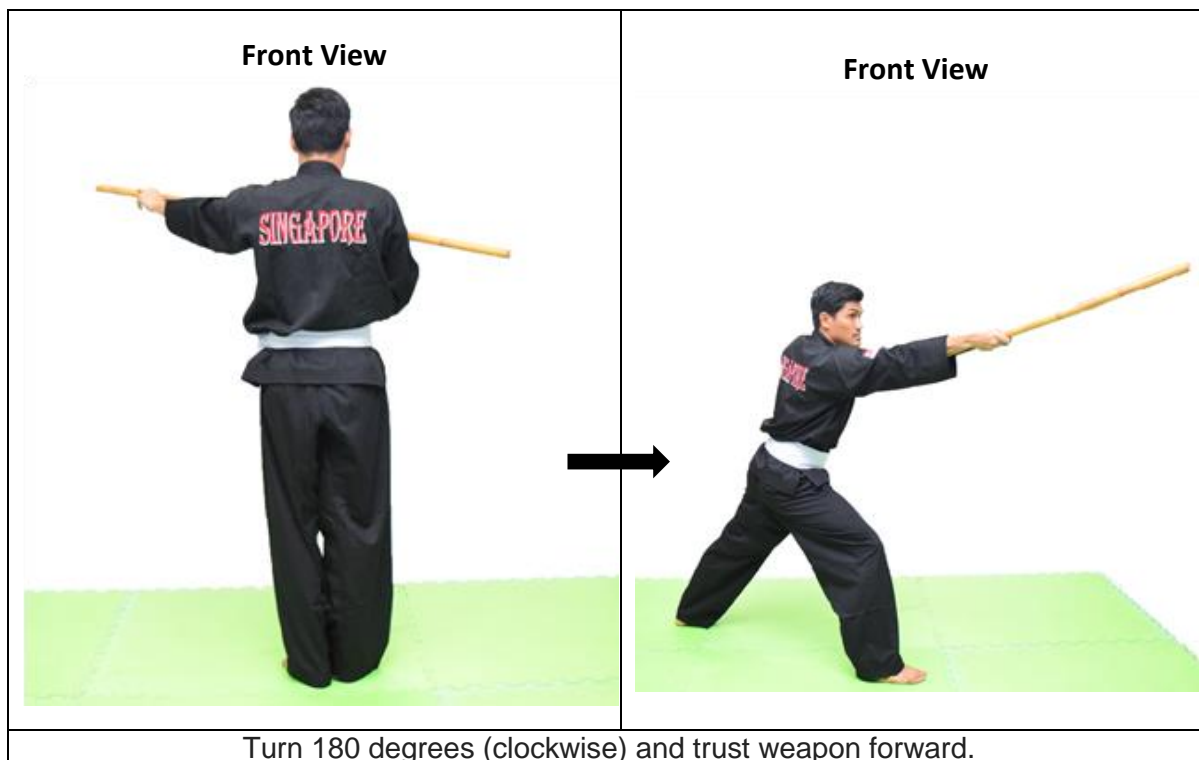
**PACKAGE 1**

Step 3

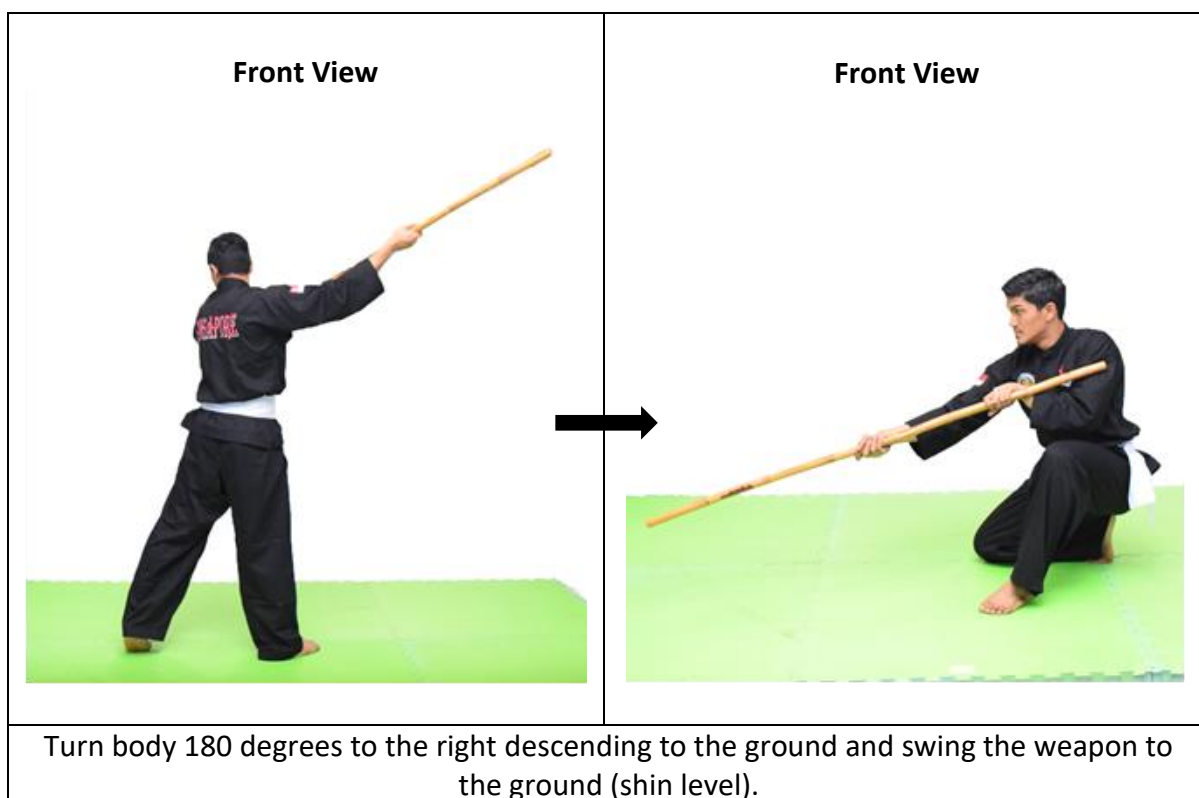


PACKAGE 1

Step 4

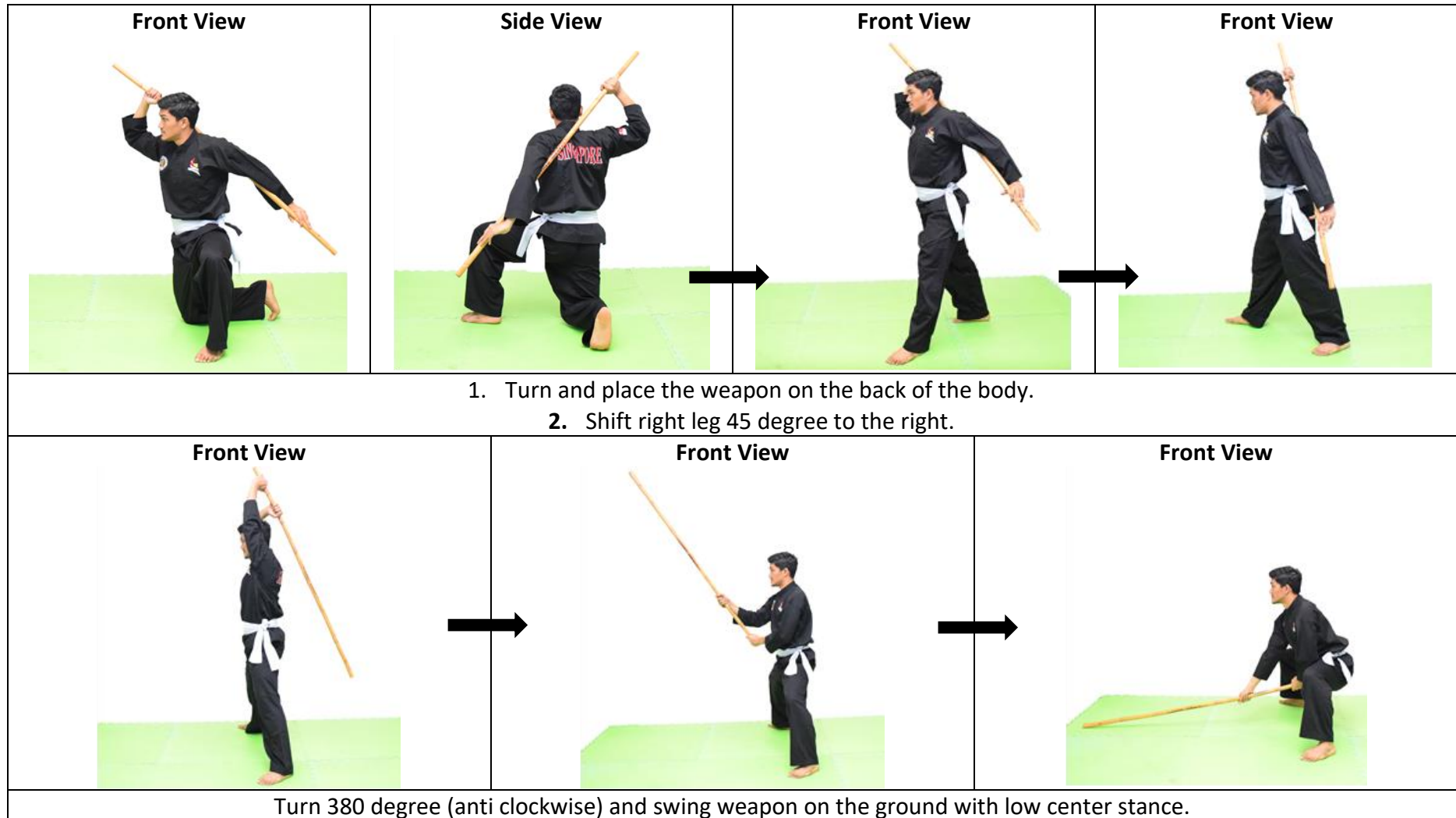
**PACKAGE 1**

Step 5



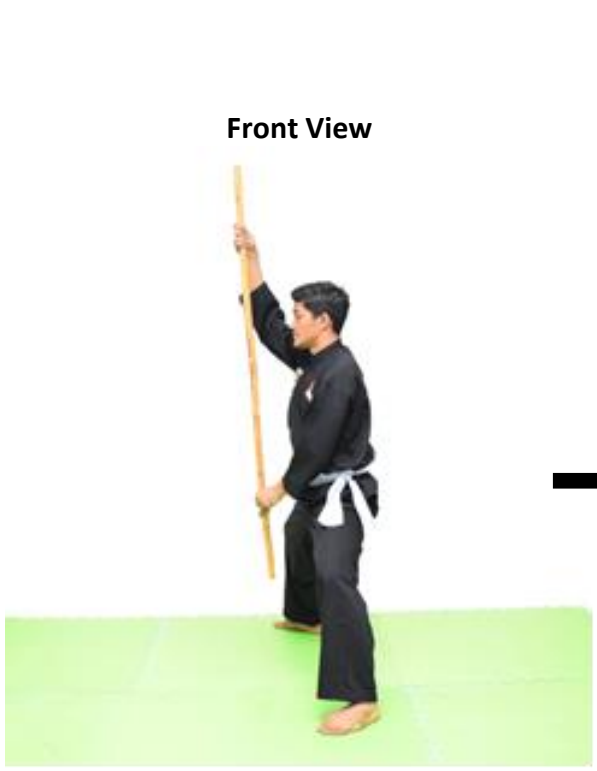
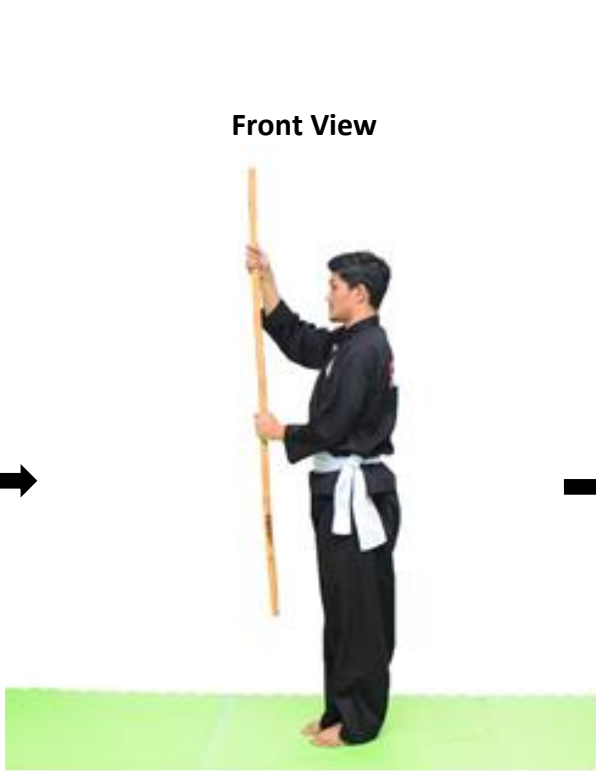

PACKAGE 1

Step 6



PACKAGE 2


Step 1

<p style="text-align: center;">Front View</p> 	<p style="text-align: center;">Front View</p> 	<p style="text-align: center;">Front View</p> 
<p>Place weapon center of the body with mid center stance.</p>	<p>Shift right leg and align with left leg.</p>	<p>Turn body forward and shift left leg to the left.</p>


PACKAGE 2

Step 2

Front View



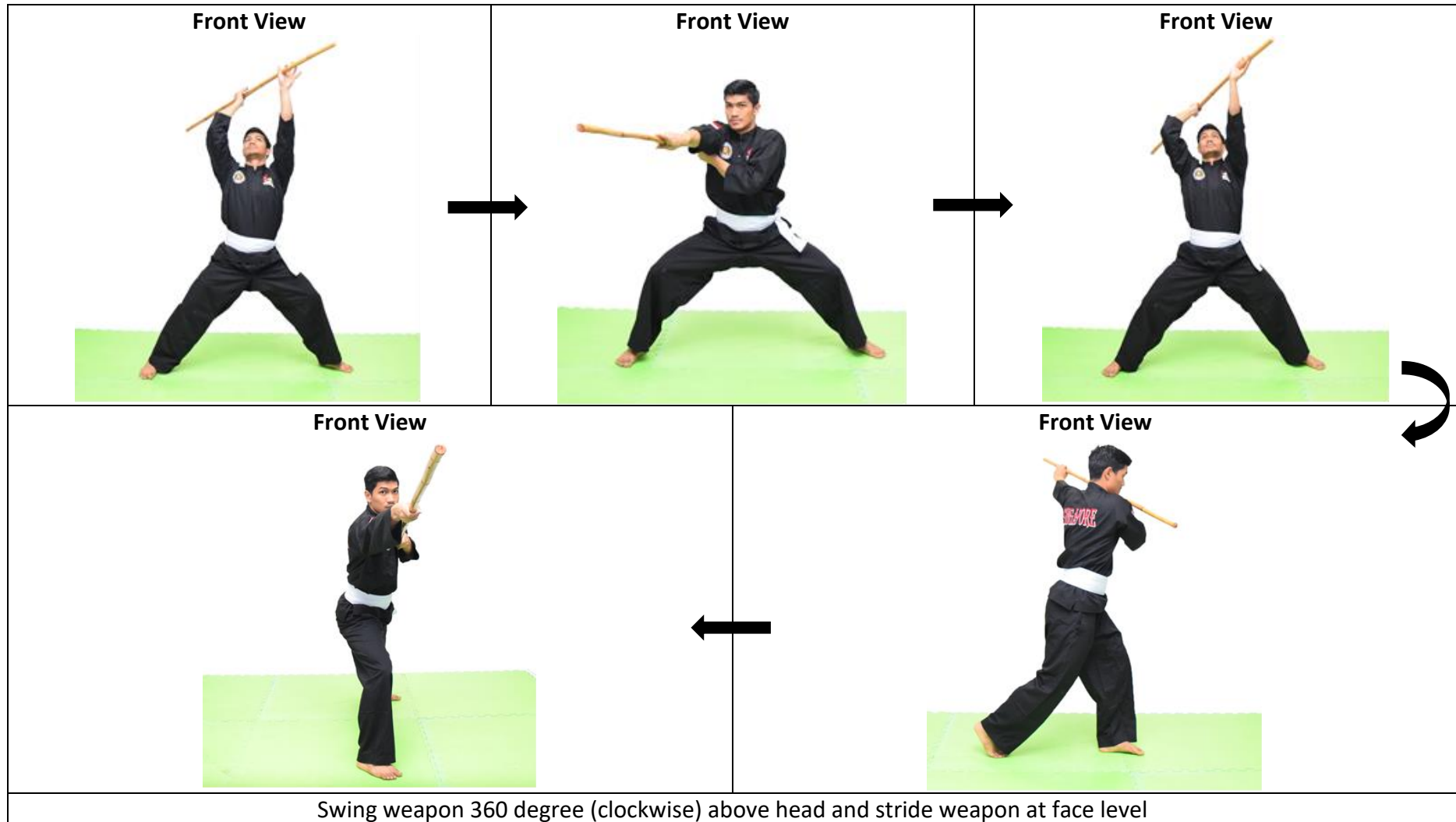
Front View



1. Jump forward (left without touching the ground then right) with center stance.
2. Strike weapon side way to the front (face level).

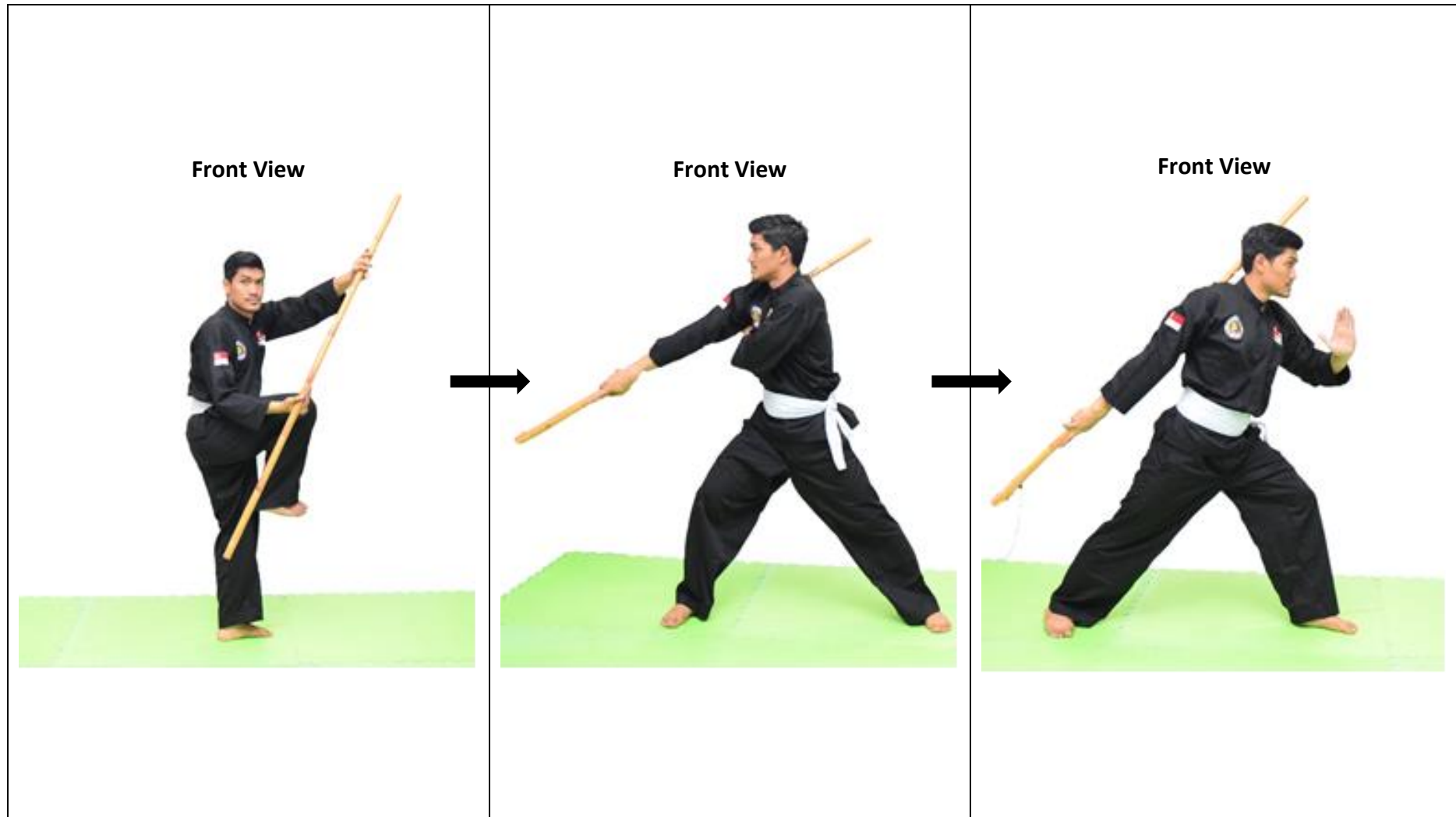
PACKAGE 2

Step 3



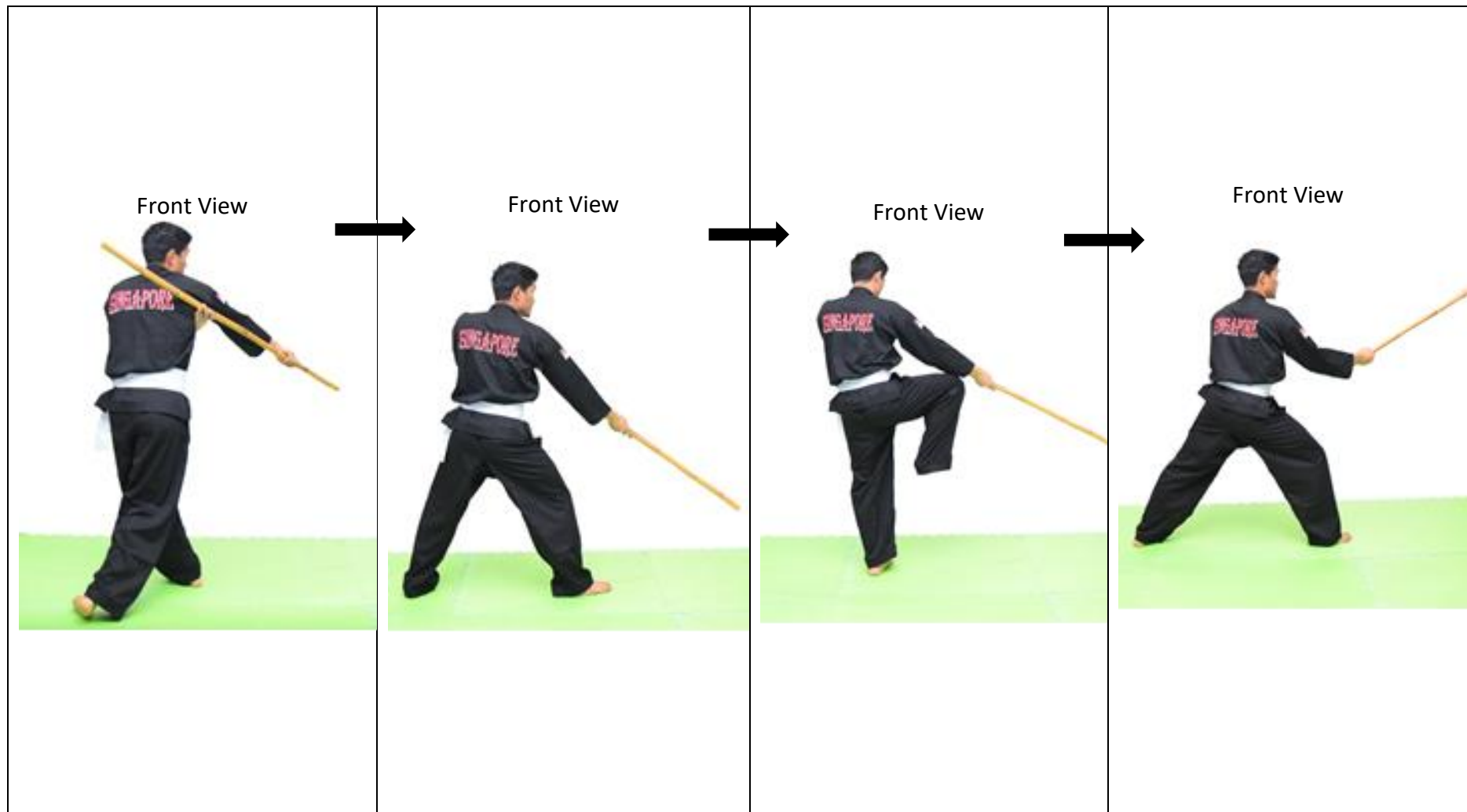
PACKAGE 2

Step 4



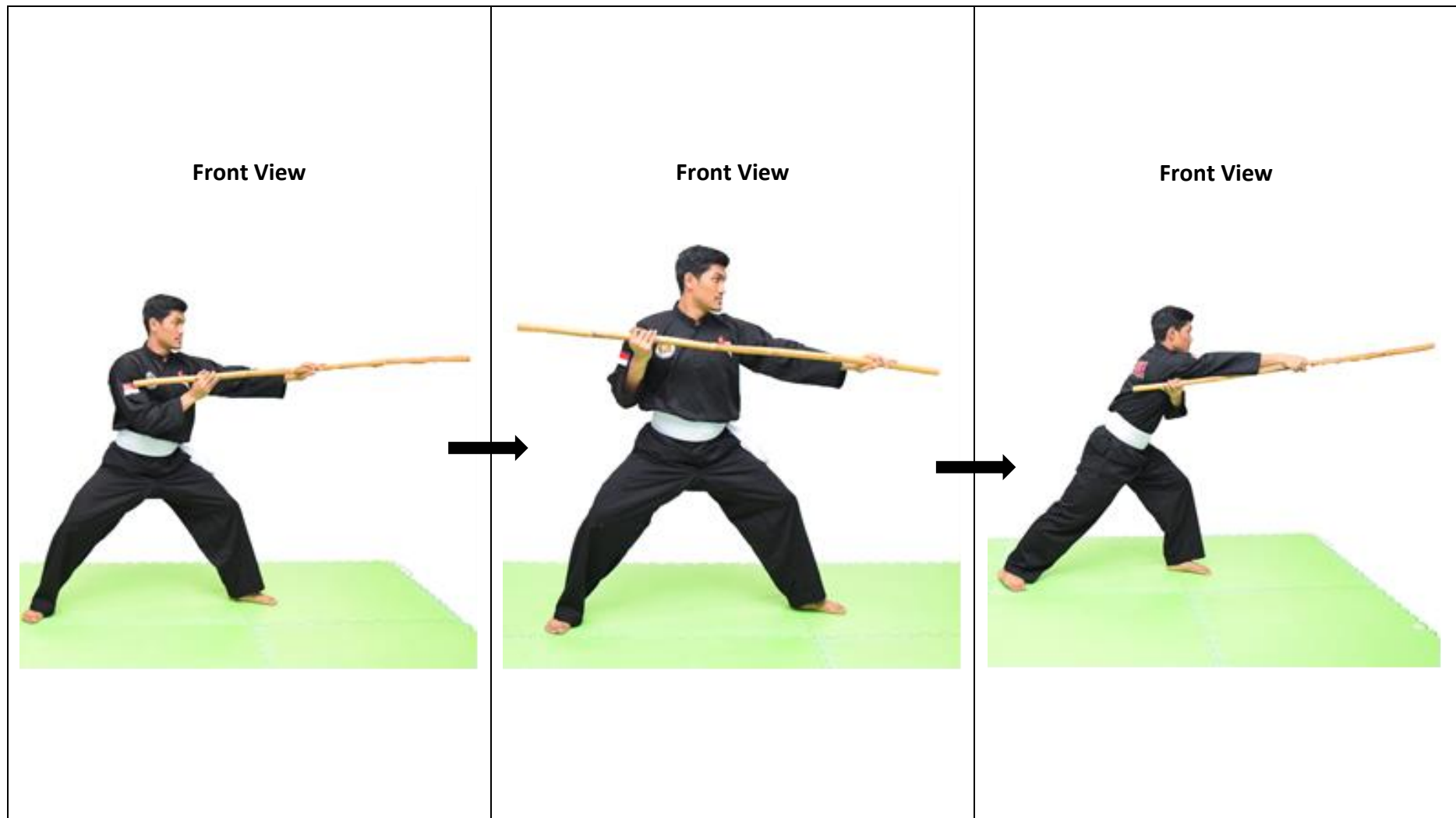
PACKAGE 3

Step 1



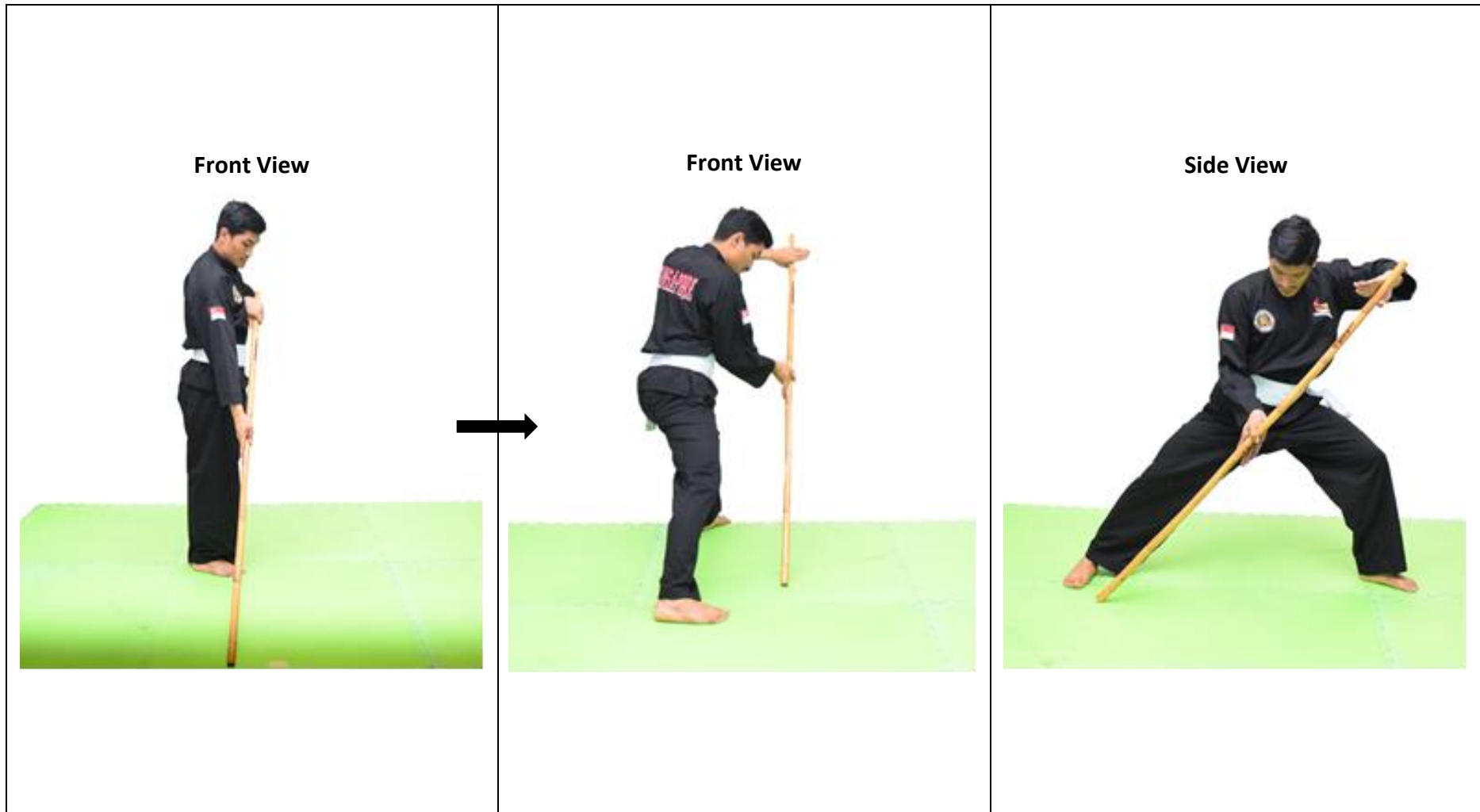
PACKAGE 3

Step 2



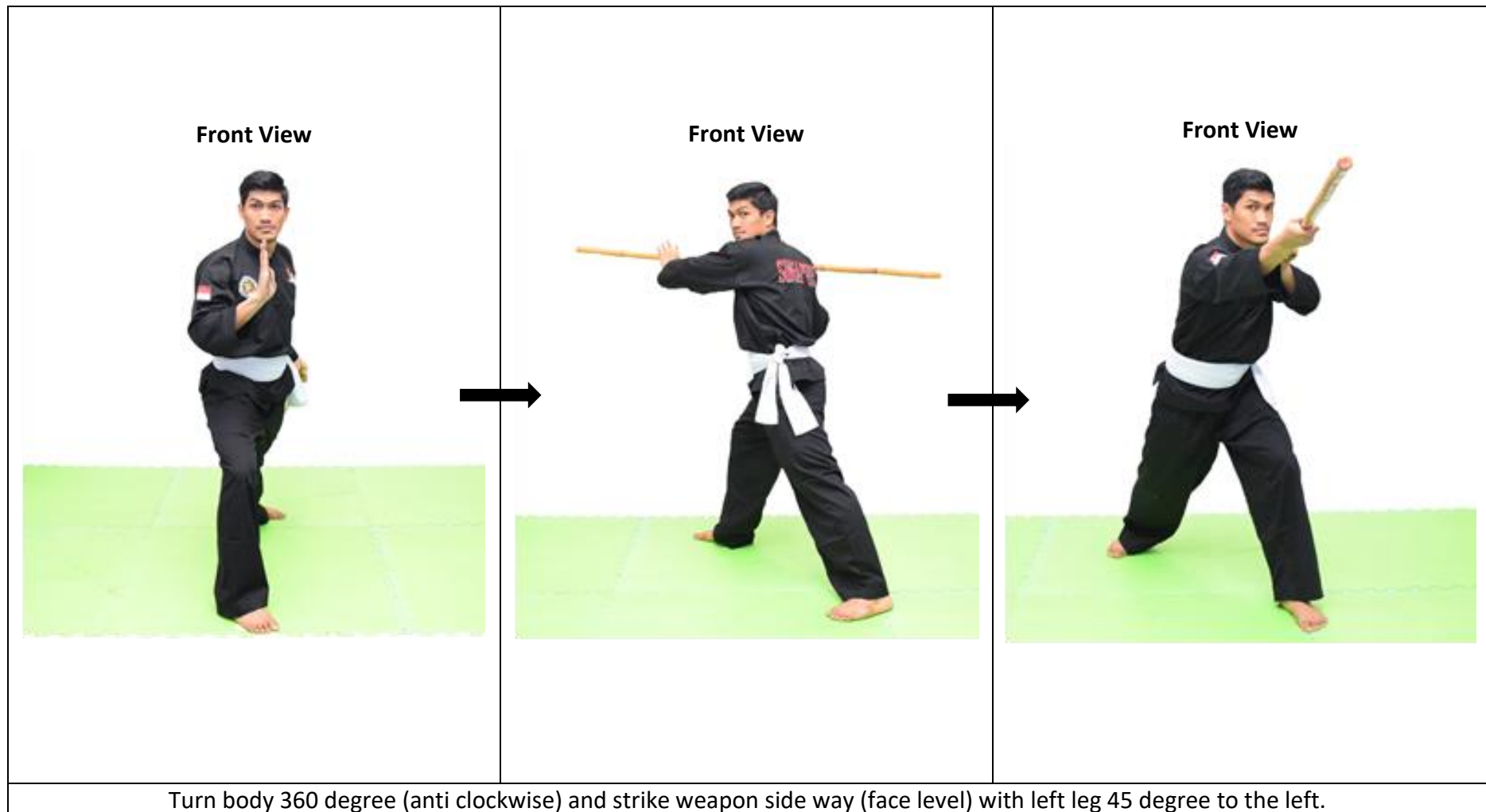
PACKAGE 3

Step 3



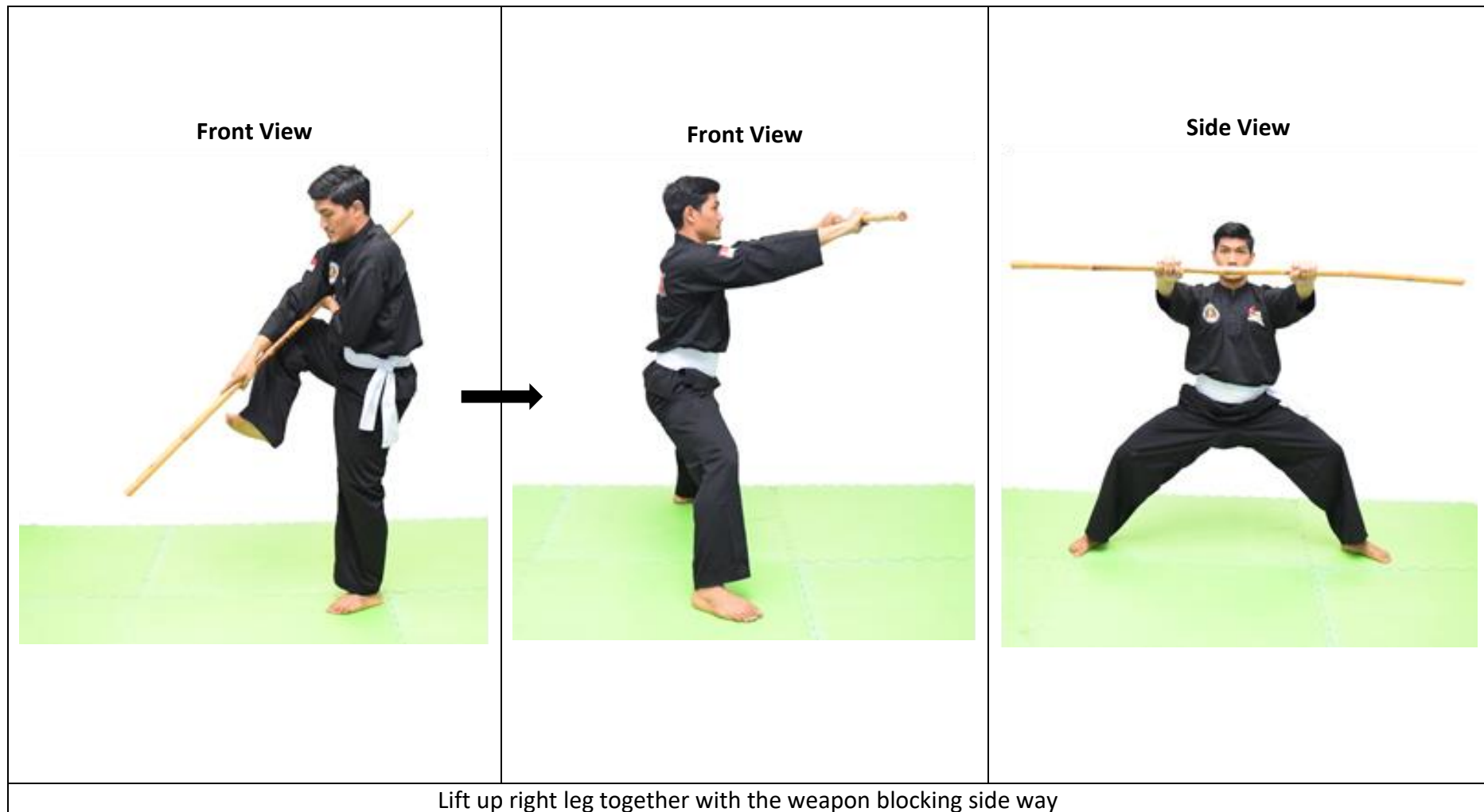
PACKAGE 4

Step 1



PACKAGE 4

Step 2



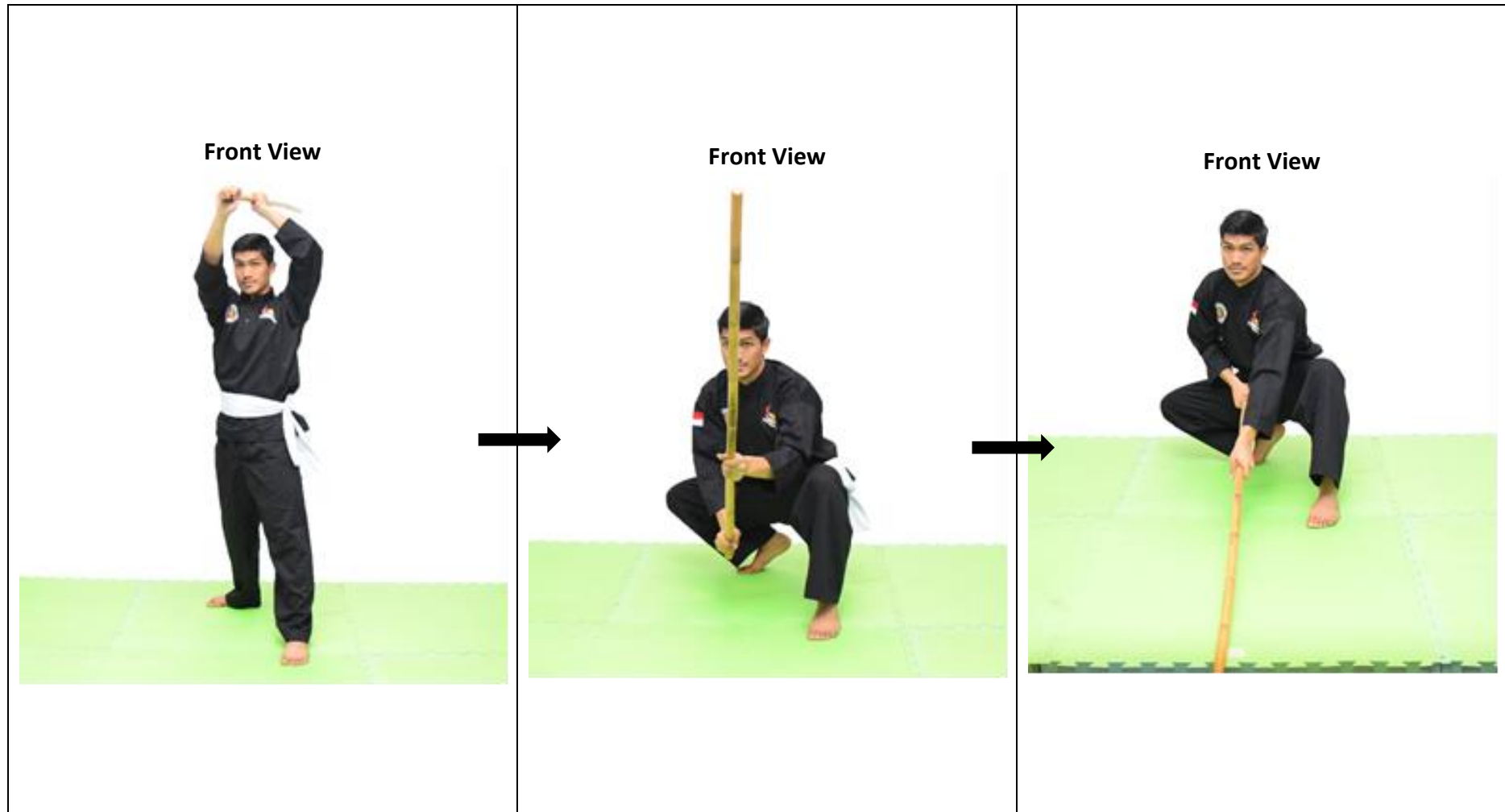
PACKAGE 4

Step 3



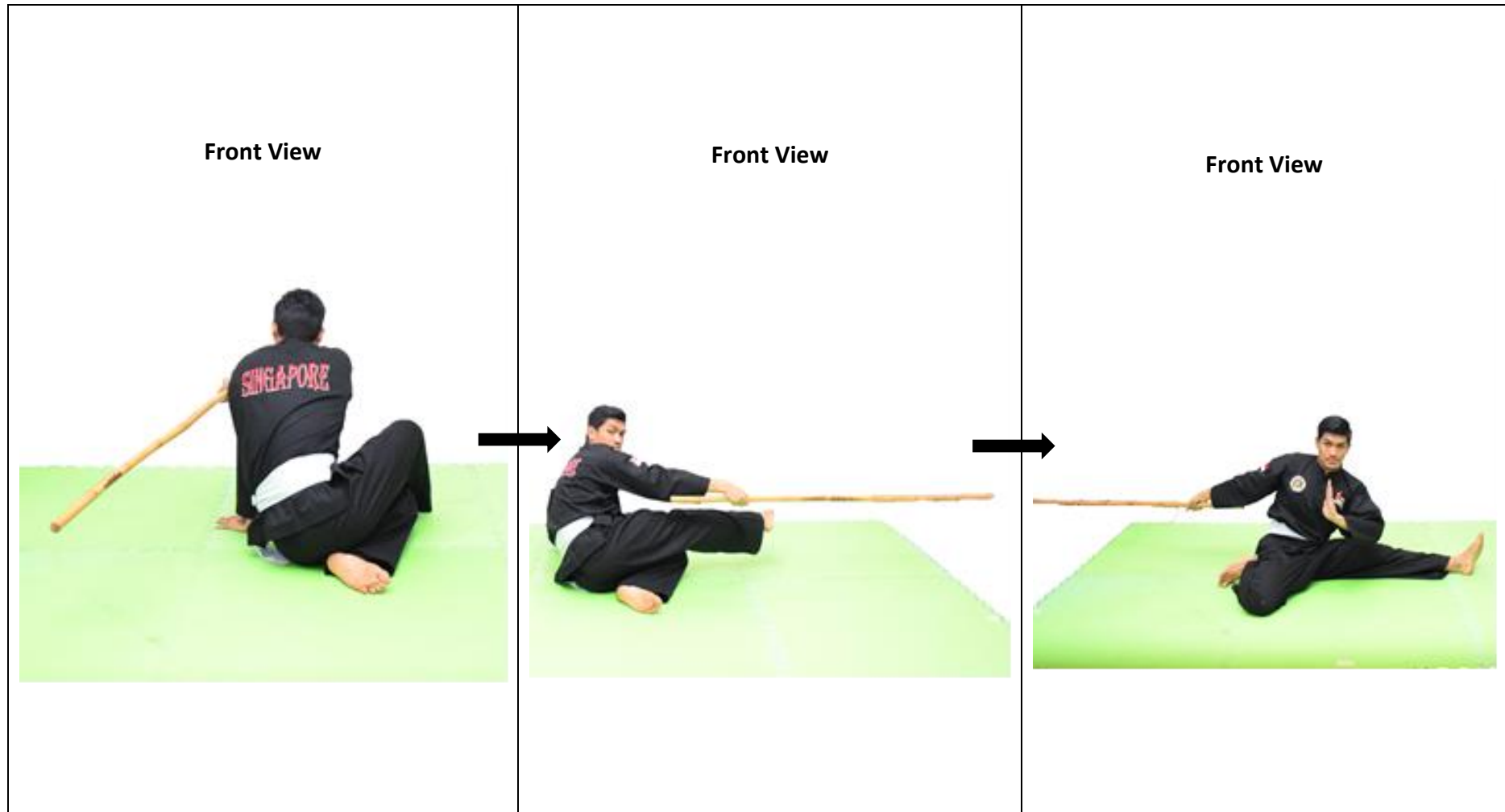
PACKAGE 4

Step 4



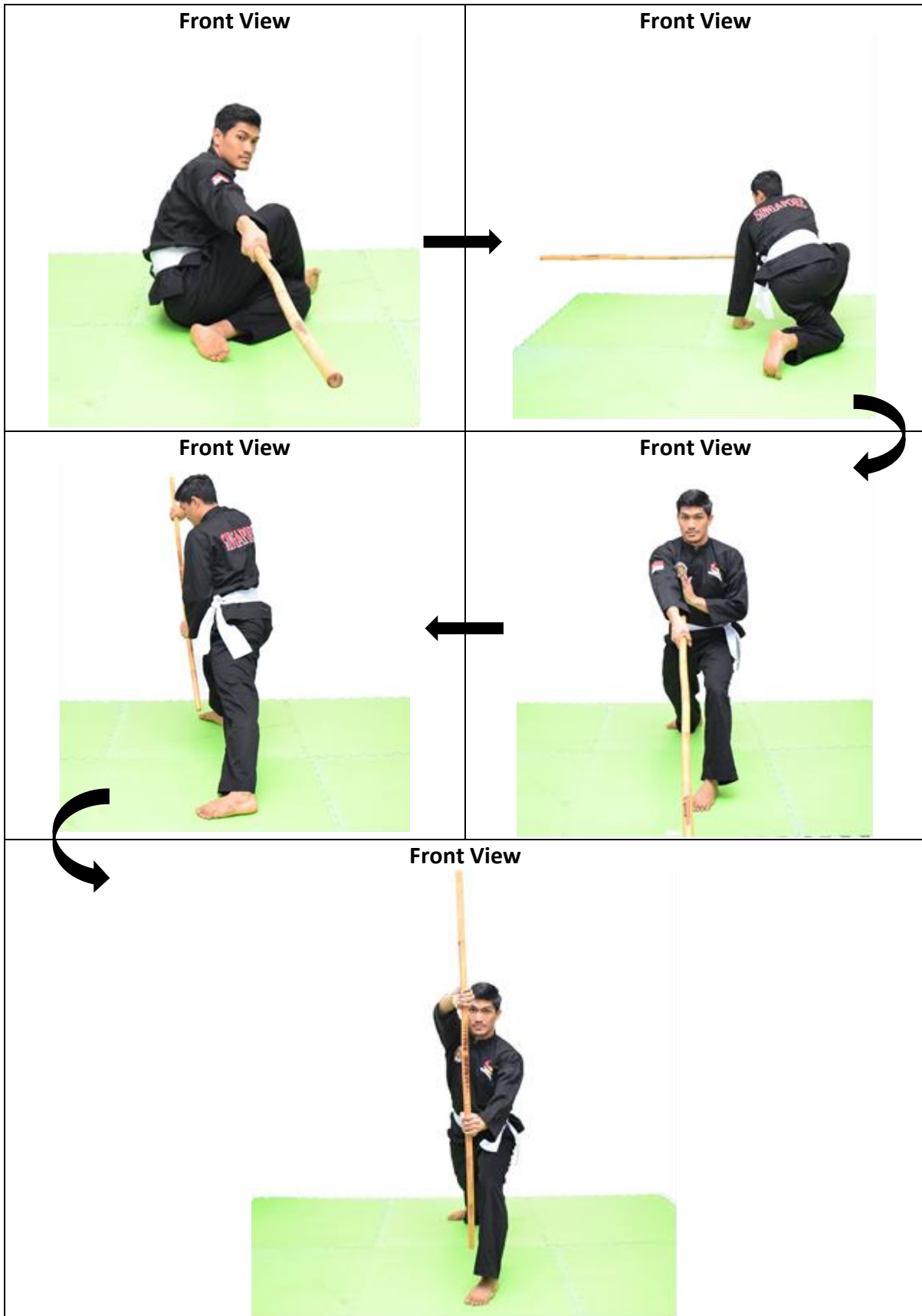
PACKAGE 4

Step 5



PACKAGE 4

Step 6



PACKAGE 4

Step 7

Front View

From the last position in step 6, jump to sitting position while cross your legs.
This is the ending position.

Ganda Sample Movements

These ganda movements are samples and is not a compulsory movement.

PREFACE

Double categories are the only category of artistic that has not been standardized. This is because the double category is a combination of artistic aspects and self-defence in Pencak Silat. The combination of these two aspects must be balanced to strengthen the character of Pencak Silat as a martial art which has its own characteristics to distinguish with other martial arts.

The explanation of the double category from PERSILAT is as follows: Ganda (Double) category is the category of Pencak Silat competition which confronts two Pesilat of the same team that performs choreographed technical skills rich of attacking – defensive movement of Pencak Silat. The movement of the attacking-defensive movement is performed with a well-planned, effective, aesthetical, powerful and in an orderly series, with empty hands or with weapon according to rules and regulations apply for double category.

The material displayed in the double category includes empty-handed, empty-handed with weapons, as well as weapons with weapons. Weapons used are divided into two types, namely mandatory weapons, and additional weapons. Compulsory weapons consist of a golok and a long stick, while the additional weapons may be a keris, dagger, trident, or sickle. Regarding the details of weapons used can be seen in the competition rules for the double category.

Scoring in double category consist of attack-defence technique bare-handed or armed, includes various attack-defence techniques by hands or foot such as: hitting, kicking, sweeping, dropping, parrying, dodging/evading, catching, locking, etc. Scoring shall focus on the following elements:

- a. The quality of attack-defence techniques in barehanded as well as using weapon.
- b. The richness of attack-defence techniques in barehanded as well as using weapon.
- c. The skill and creativity of attack-defence techniques
- d. The logic in executing attack-defence technique

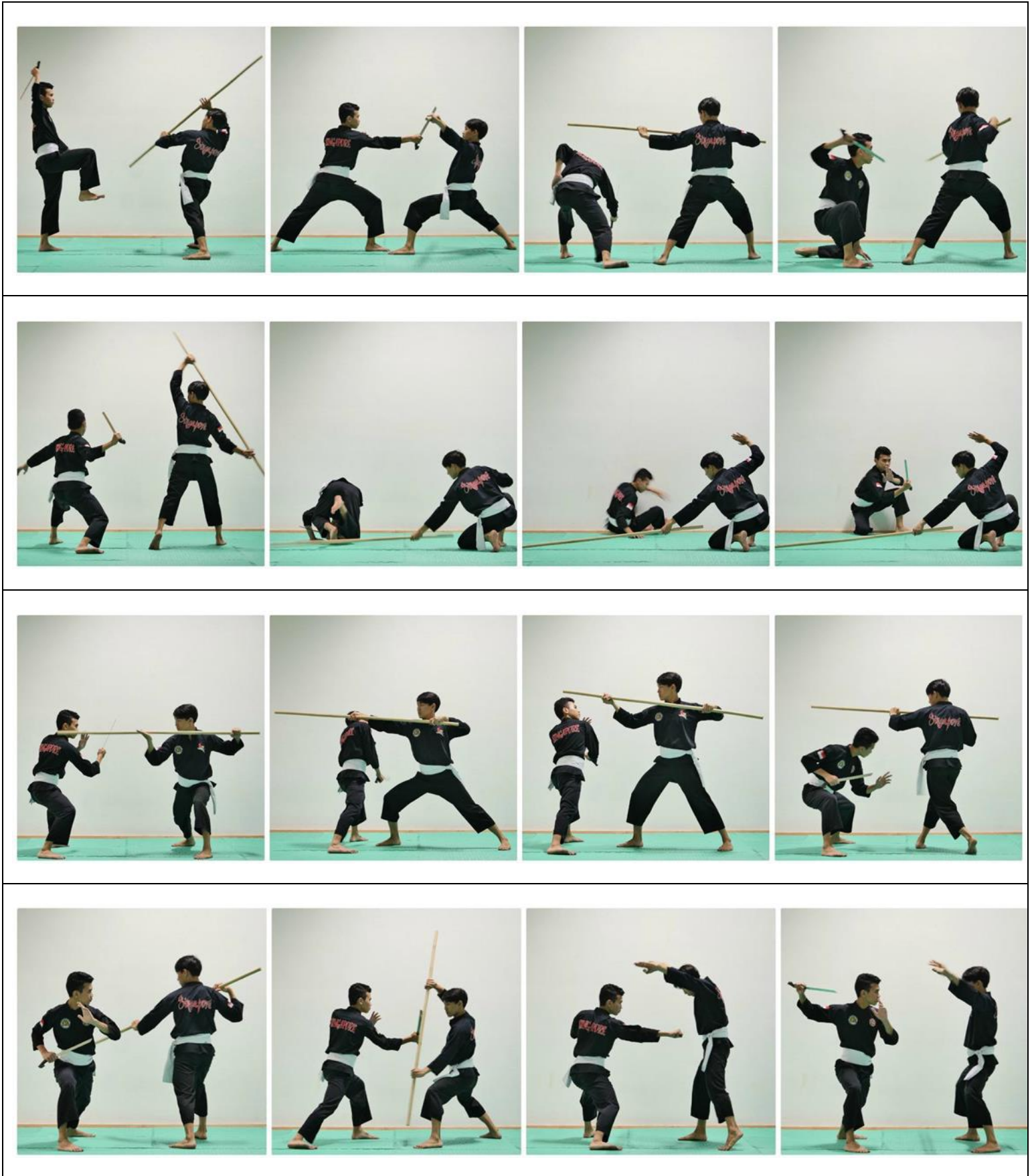
The series of motion in the double category is the creativity of each coach. The diversity and richness of techniques usually comes from the silat school or clubs followed by coaches or athletes. In addition, the ability to appreciate will give meaning to and explain about the movement. Whether the movement is a form of attack, dodge, or parry.

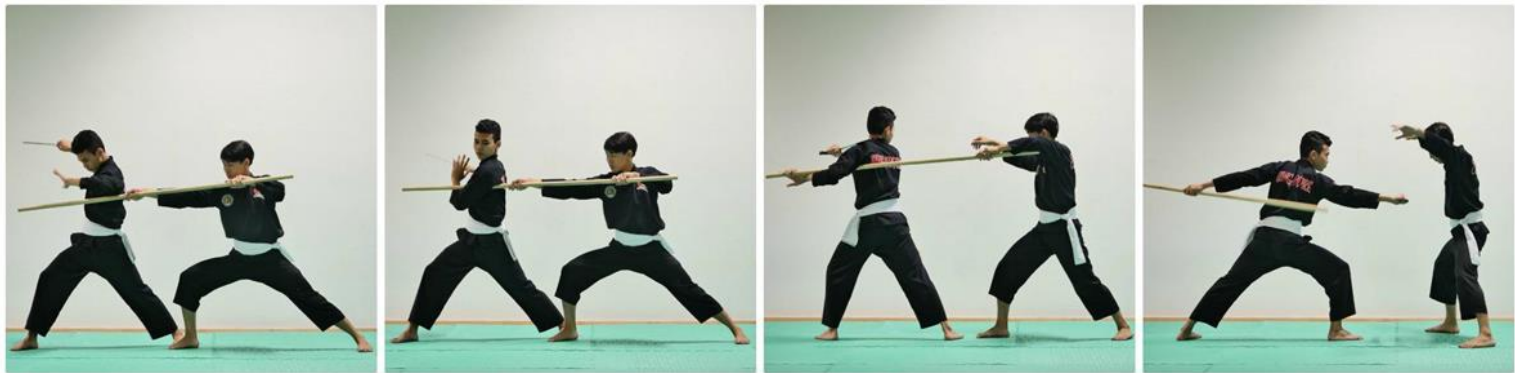
In the double category there is also a scenario and usually not written. The function of this scenario is to arrange the storyline. Generally, there are two scenarios that lead to the end of the appearance of the double category, i.e. one of the fighters killed or both fighters remain alive. This scenario is not listed in the competition rules and is not one of the scoring criteria. But the scenario is also one of the factors that can help in the assessment. The existing scenario is used as a benchmark by the jury in adjusting the suitability of the appearance in the form of description. Description contains an explanation of how many times the weapon falls or changes hands and the shape or position of the final movement of the displayed movement.

SAMPLE DOUBLE MOVEMENTS













Regu Guide

These are samples and guides for Jurus Regu.

PREFACE

REGU (Team) category is the category of Pencak Silat competition which is performed by 3 (three) Pesilat from the same team portraying their skills in a compulsory movement correctly, accurately, firmly, complete with expression, synchronize, and compact with empty hands according to rules and regulations apply for Regu category (Persilat, 2013: 1). Executing the 12 set movements (100 steps) in the correct order and complete with certainty. Movements are expressive, rhythmic and display strength and stamina. Teams must display synchronization in perfect harmony.

The Team category consists of 14 technical movements that are all displayed with bare hands. Because it is displayed by three people, it requires harmony and cohesiveness. So it is necessary to understand each other among the three. Soulfulness movement will result not only steady appearance but also the meaning of the movement that can be explained to the scoring jury and the viewing audience. Team category is performed according to sequence of movements and the accuracy of jurus, rhythm, firmness and soulfulness designated for the jurus. In this art path there are rules of motion and rhythm which is a special deepening (skill). Pencak Silat as an art must obey the provisions, harmony, balance, harmony between wirama, wirasa and wiraga.

Aspects assessed in the team category as described in the rules of the game include the correctness of motion, soulfulness, cohesiveness, and harmony. Wiraga is the basic of body / physical skills. This is related to the mastery and understanding of motion. Wiraga includes in the aspect of the assessment of the correctness of motion, where to be able to perform the movement properly required understanding of the concept of motion with both the target, the targeting tool, and the trajectory of motion. Wirama is a pattern to achieve a harmonious movement. Inside there are dynamics settings such as accents and tempos. Wirama is used to assess the cohesiveness and harmony between the three performers of the movements performed. Wirasa is the level of soulfulness and inspiration in the movement that is displayed. The expression when performing the attack will be different from the expression that appears during the avoidance or parry movement. Wirasa became the basis for assessing the steadiness and soulfulness of the movement.

The following is presented with the complete material of the team category that can be used as a guide in the mastery of the mandatory team movement properly and correctly. This material may be used by athletes, coaches, or judges who are tasked with judging the match.

TEAM MOVEMENTS

Opening Salute

Front View



PACKAGE 1

Step 1

Front View	Front View	Side View
<ol style="list-style-type: none"> 1. Pull the right foot backwards and form a stance facing forward (whole body facing to the side) 2. Right hand (clenching) at the chest position and left hand open at shoulder level. 		

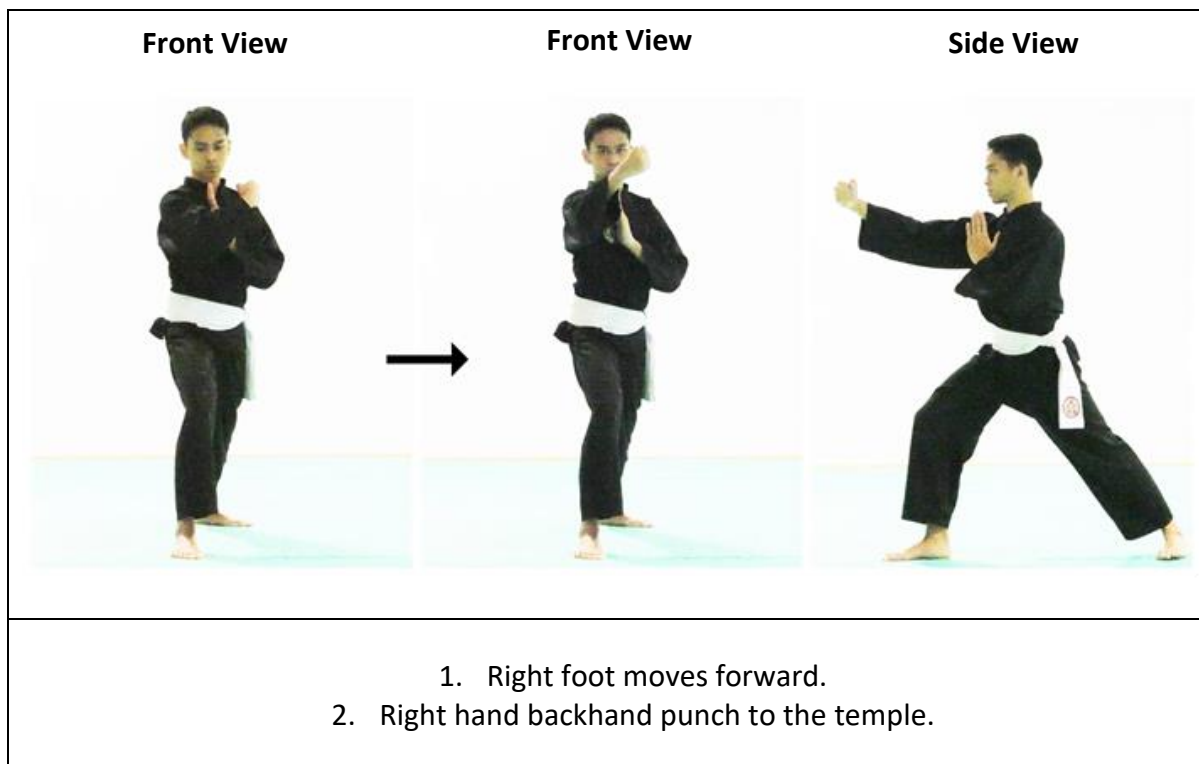
PACKAGE 1

Step 2

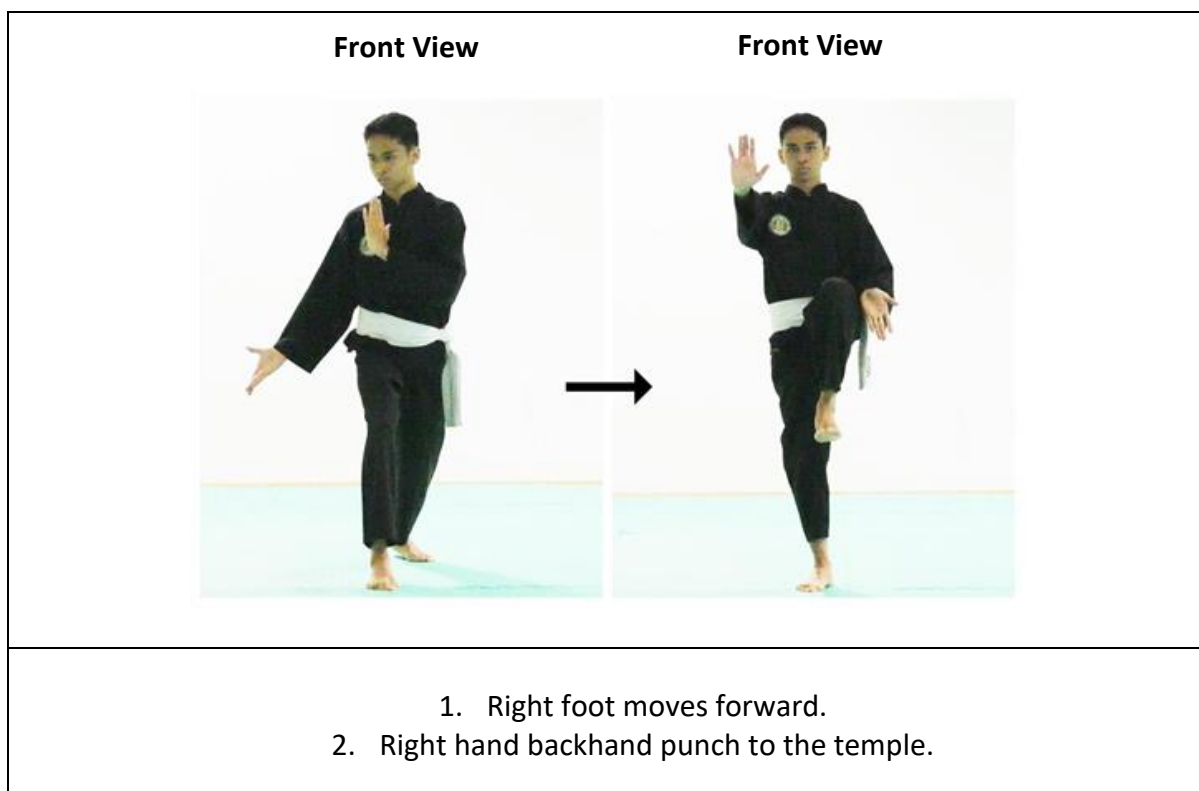
Front View	Front View	Front View
<ol style="list-style-type: none"> 1. Move the right foot to the right and form a center stance (whole body facing front at a 45 angle to the left) 2. Right hand blocking down with the left hand at the chest position. 		

PACKAGE 1

Step 3

**PACKAGE 1**

Step 4



PACKAGE 1



Step 5

Front View

1. Put the left foot down to the ground - bending down.
2. Left hand at the chest with the right hand elbow blocking forward.



PACKAGE 1

Step 6

Front View	Side View
	
<ol style="list-style-type: none"> 1. Stand up and side kick to forward. 2. Right hand blocking position and left hand open at chest position. 	

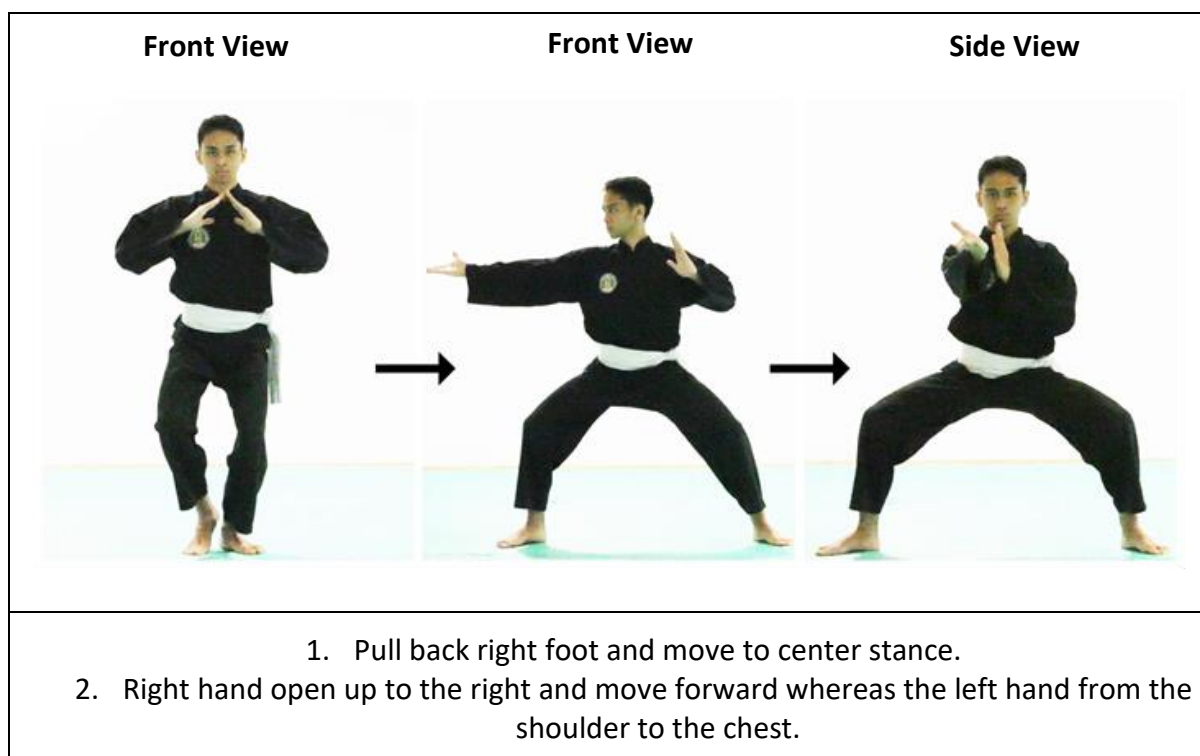
PACKAGE 1

Step 7

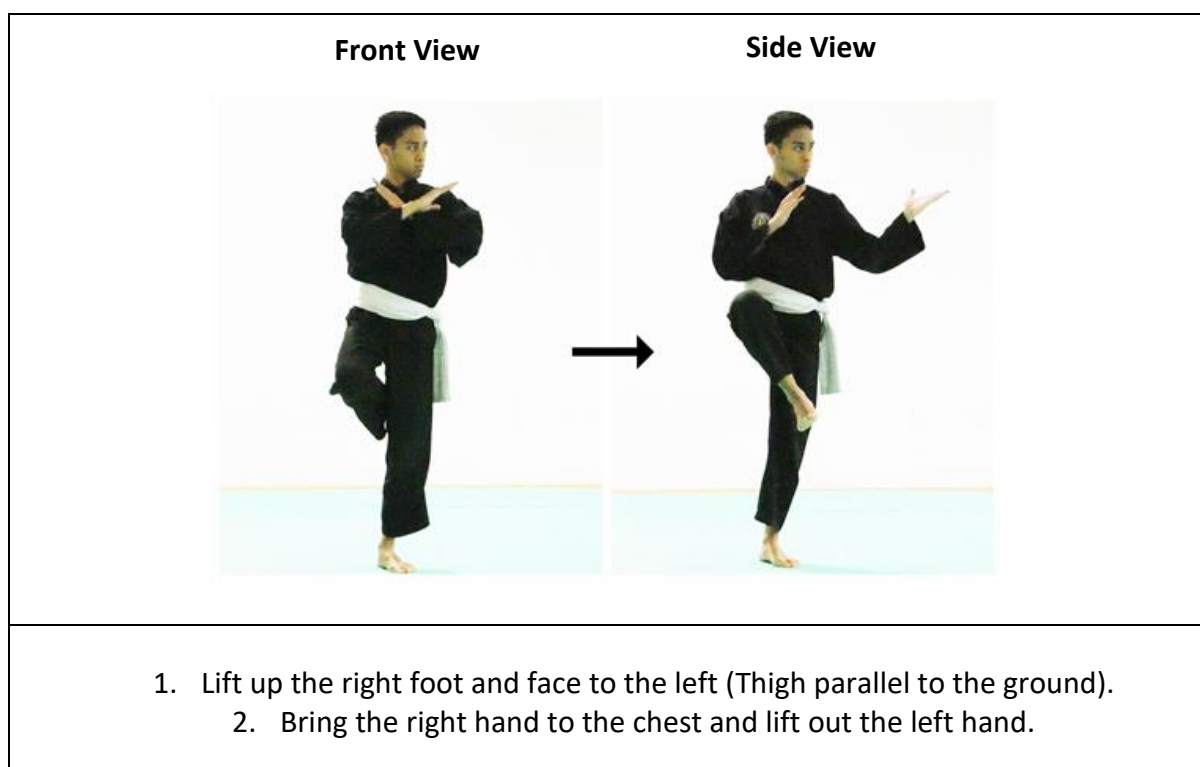
Front View	Side View
	
<ol style="list-style-type: none"> 1. Move the right foot at a forward stance. 2. Right hand elbowing from side to center with the left hand at the chest position. 	

PACKAGE 1

Step 8


**PACKAGE 1**

Step 9



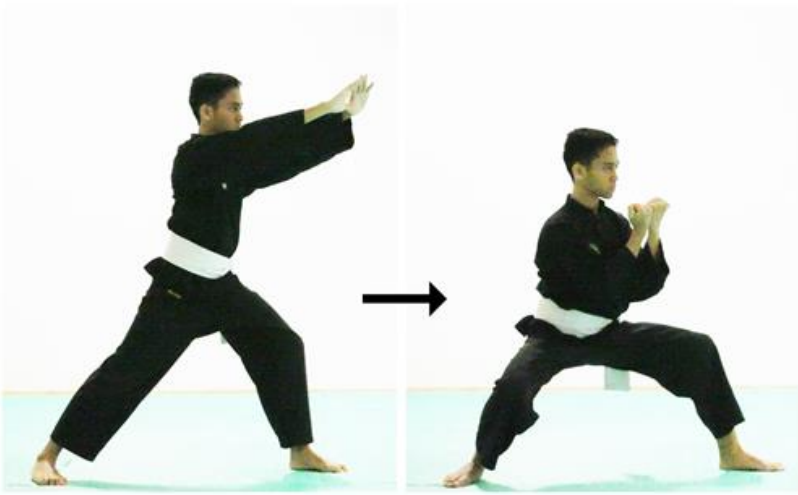
PACKAGE 2

Step 1

Front View	Front View
	
<ol style="list-style-type: none"> 1. Lift up the right foot and face to the left (Thigh parallel to the ground). 2. Bring the right hand to the chest and lift out the left hand. 	

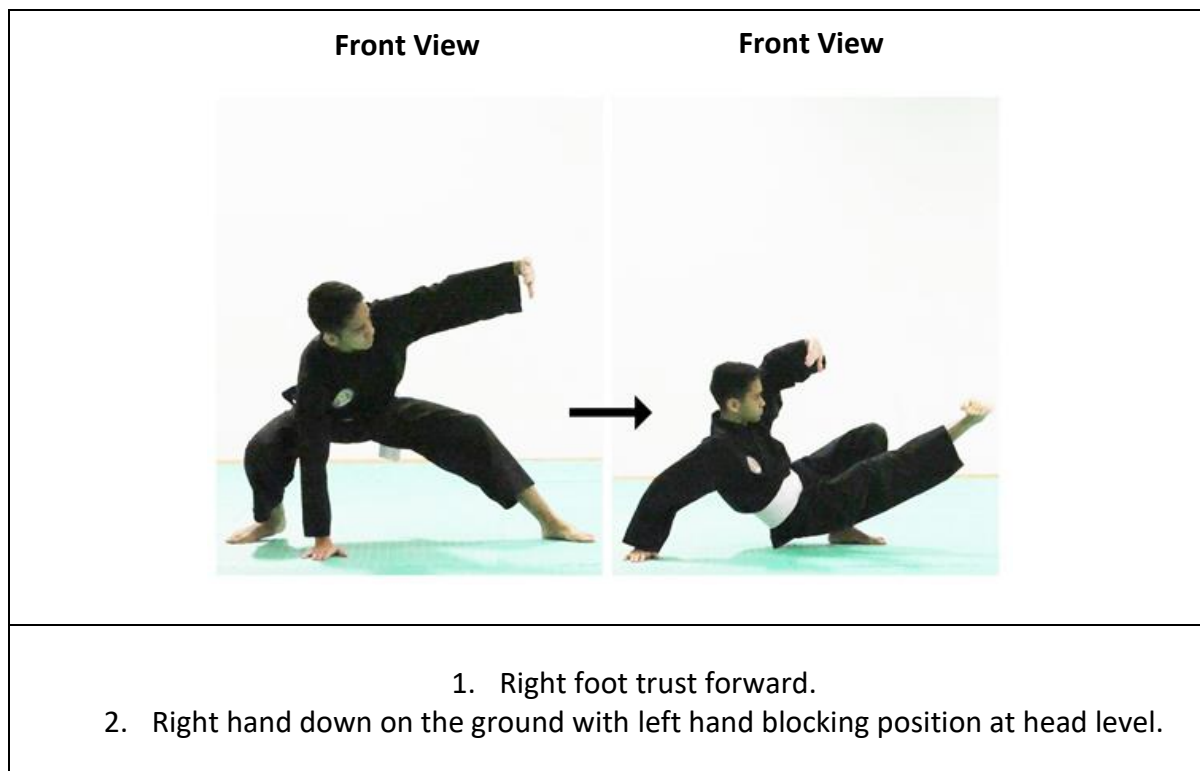
PACKAGE 2

Step 2

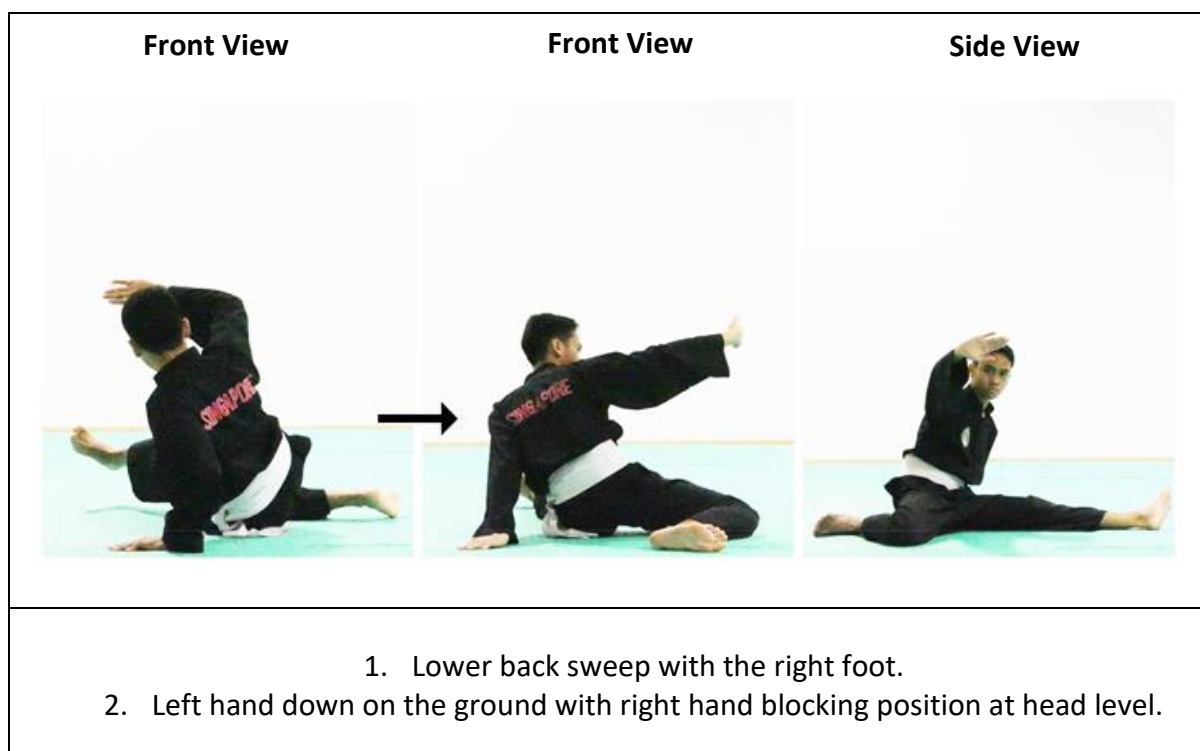
Front View	Front View
	
<ol style="list-style-type: none"> 1. Bring back the right foot and form a low center stance (whole body facing left). 2. Both hands together (clinching) and elbow blocking down. 	

PACKAGE 2

Step 3

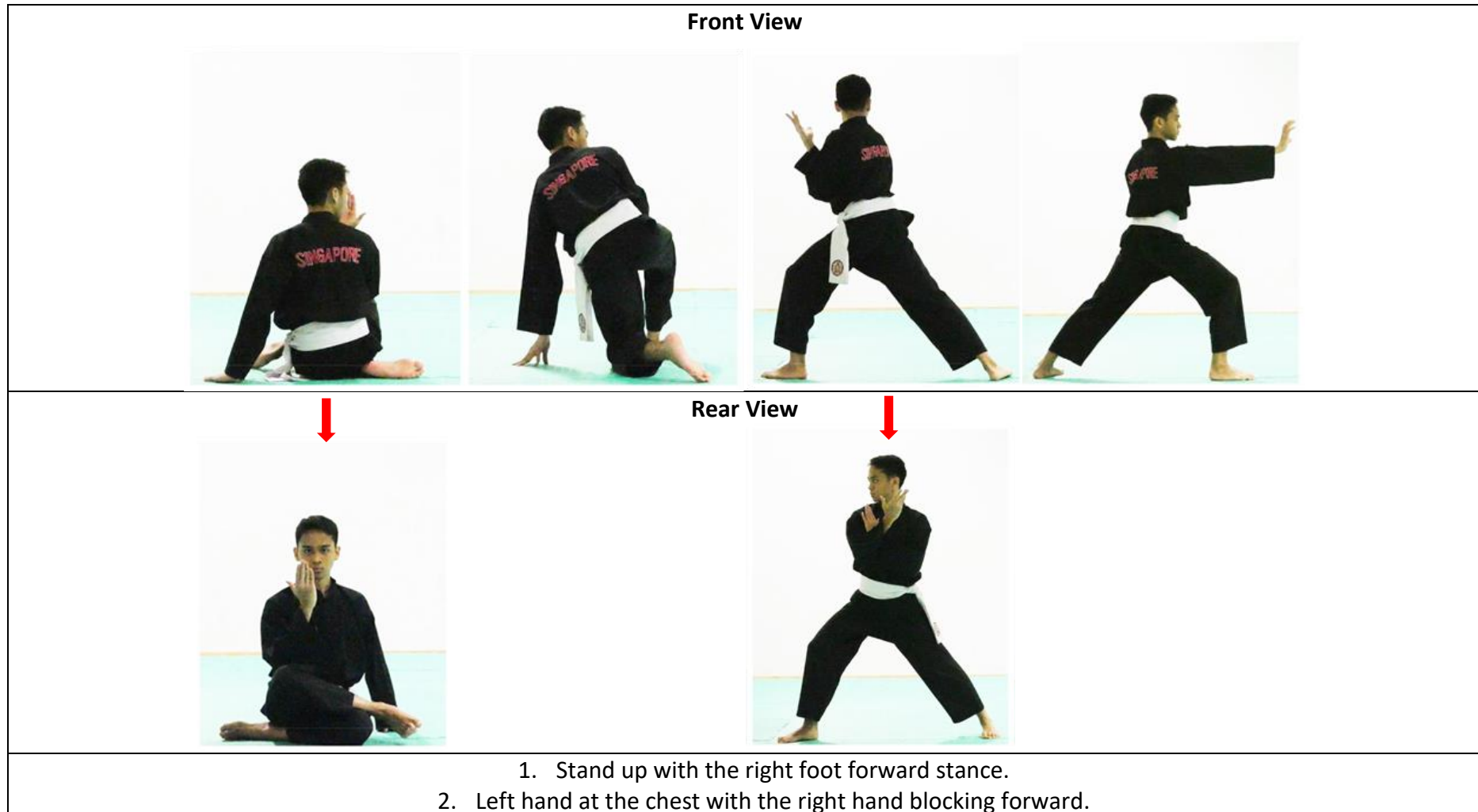
**PACKAGE 2**

Step 4



PACKAGE 2

Step 5



PACKAGE 2

Step 6

Front View	Front View
<ol style="list-style-type: none"> 1. Semi jumping exchanging left and right foot forming center stance facing front. 2. Left hand swing to the center position with the left hand at the chest level. 	

PACKAGE 2


Step 7

Front View	Rear View
<ol style="list-style-type: none"> 1. 45 side kick to the head with right foot. 2. Right hand blocking the groin with the left hand at the chest position. 	

PACKAGE 2

Step 8

Front View

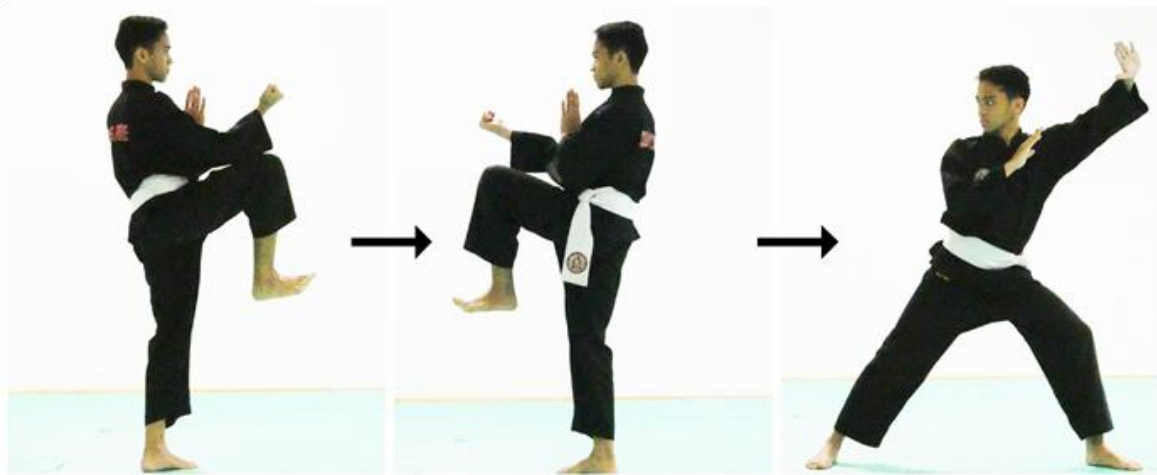


1. Put right foot down to a forward stance.
2. Right hand blocking position (clinching) to the right whereas the left hand at the chest level.

PACKAGE 2

Step 9

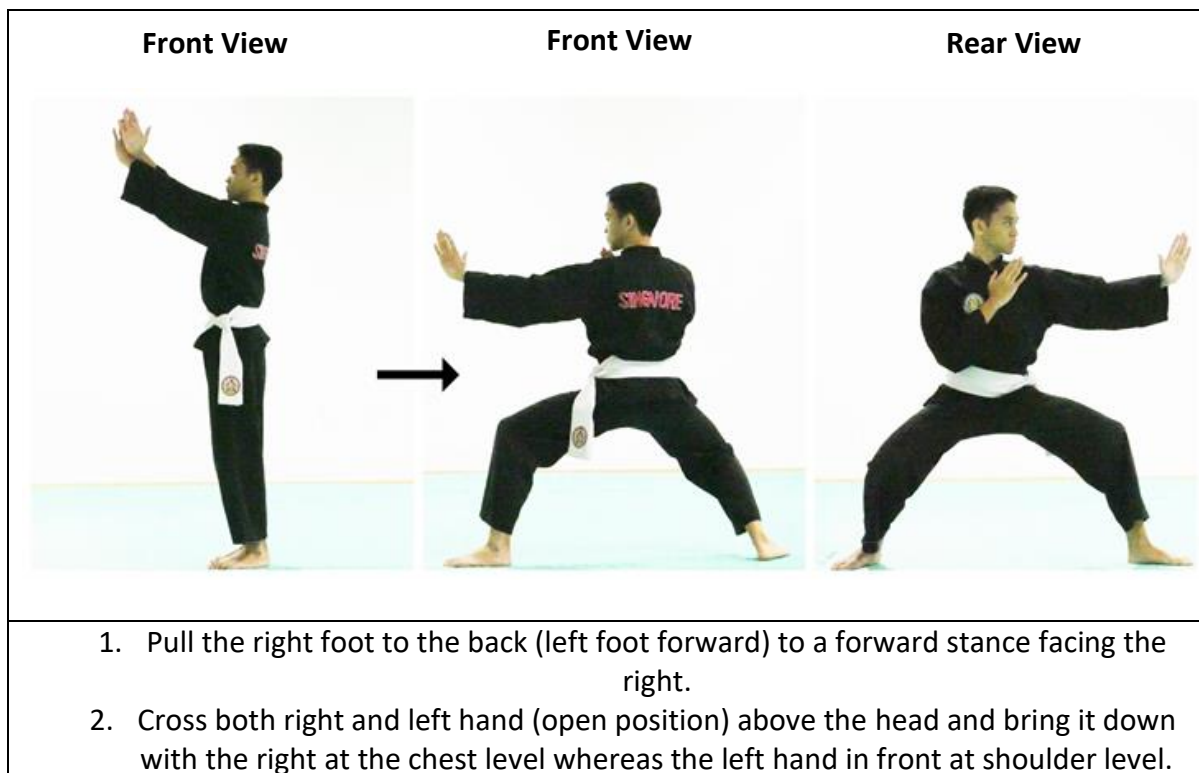
Front View Front View Front View



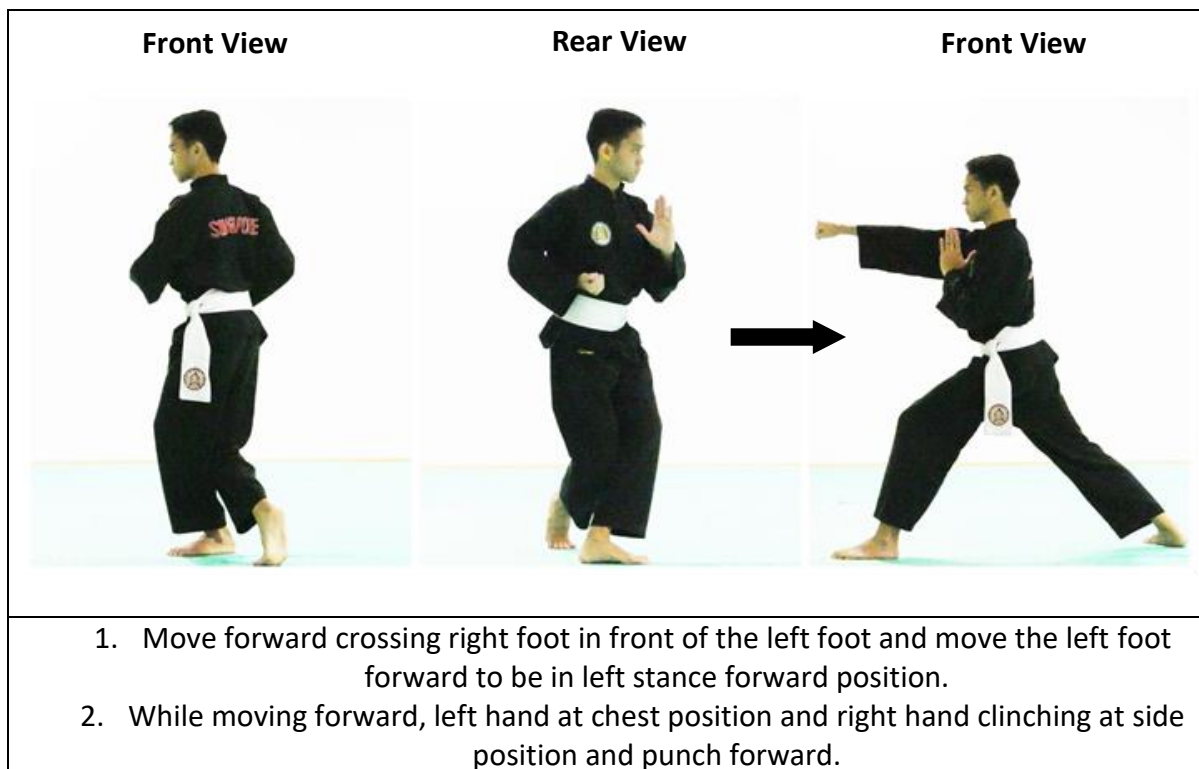
1. Lift the right foot, slight jumping forward and bring the right foot through the left at 45 degrees angle.
2. Bring the right hand to the face level and left hand at the head level.

PACKAGE 3

Step 1

**PACKAGE 3**

Step 2



PACKAGE 3

Step 3

Front View	Rear View
<ol style="list-style-type: none"> 1. Same foot position, move body backwards stance. 2. Blocking with left hand (open) with right hand up above the head position. 	


PACKAGE 3

Step 4

Front View	Front View
<ol style="list-style-type: none"> 1. 45 side kick to the head with the right foot, place right foot at shoulder width apart position, and place left foot behind the right foot. 2. Trust out the right hand to the throat (open) and left hand (open) at the chest level. 	

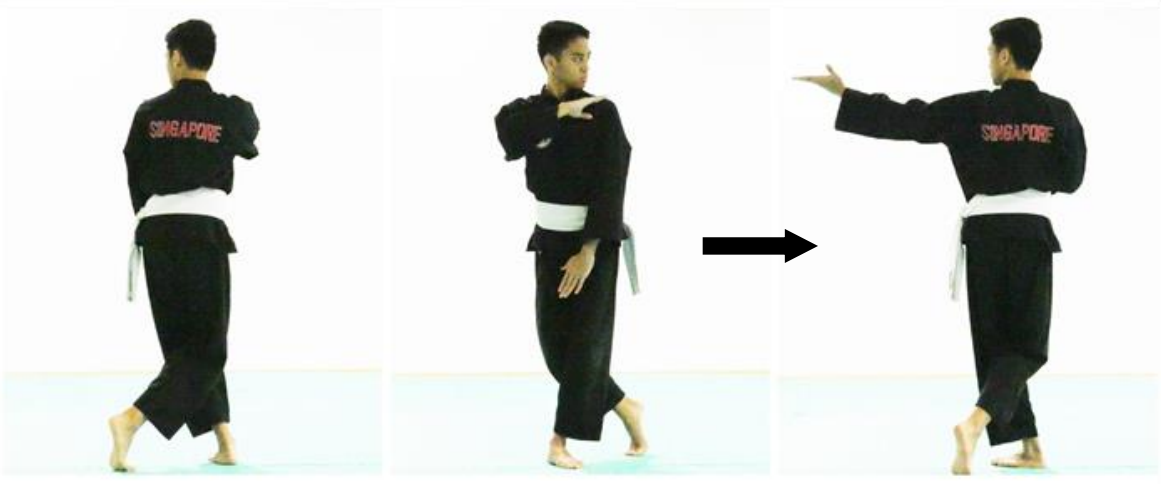
PACKAGE 3

Step 5

Front View	Front View
	
<ol style="list-style-type: none"> 1. Side kick to the face and place right foot at shoulder width apart. 2. Right hand blocking the groin with the left hand at the chest position. 	


PACKAGE 3

Step 6

Front View	Rear View	Front View
		
<ol style="list-style-type: none"> 1. Turn through the left with left foot in front of the right foot. 2. Bring left hand outwards at shoulder level and the right hand at the chest level. 		


PACKAGE 3

Step 7

Front View	Front View
	
<ol style="list-style-type: none"> 1. Lift the left foot and turn to face the front. 2. Right hand lifts up with palm facing front and left hand at the left knee facing front (open). 	

PACKAGE 3

Step 8

Front View	Front View
	
<ol style="list-style-type: none"> 1. Kneel on right knee. 2. Right hand punching down position (clinching) whereas the left hand above the head level with palm facing upwards. 	

PACKAGE 3

Step 9

Front View

1. Right foot forward crossing over left foot.
2. Left hand at the chest level and right hand outside at abdominal level.

PACKAGE 3


Step 10

Front View

1. Left foot up with thigh level to the ground.
2. Right hand lift up with palm facing side and left hand on top of the left knee facing side (open).


PACKAGE 4

Step 1

Front View	Front View
	
<ol style="list-style-type: none"> 1. Put the left foot to the forward crossing over right foot (facing front). 2. With left hand at the chest level and right hand out facing in front at shoulder level. 	

PACKAGE 4

Step 2

Front View

<ol style="list-style-type: none"> 1. Pull left foot backwards at 45 degree angle facing front stance. 2. Right elbow attack.

PACKAGE 4

Step 3

Front View

1. Remain at same position, lift right foot and stomp.
2. Blocking with right hand (open) with left hand at the chest level.

PACKAGE 4

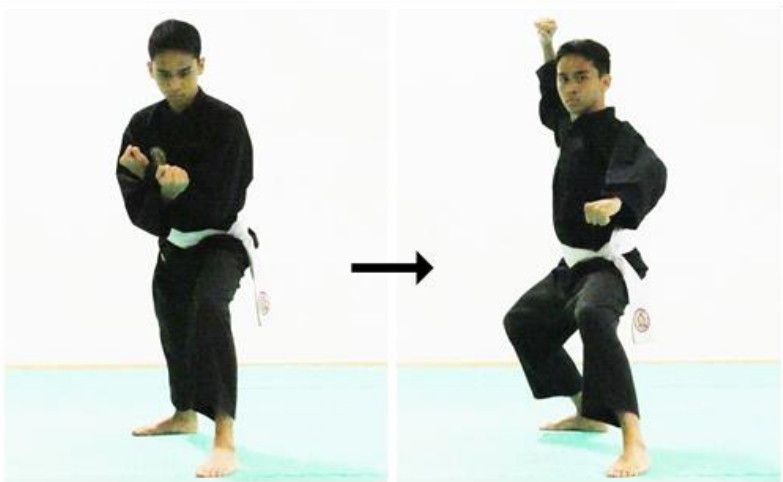
Step 4

Front View

1. Stance remain at same position as Step 3.
2. Left hand attack (clinch) to the forehead with right hand clinching at chest level.


PACKAGE 4

Step 5

Front View	Front View
	
<ol style="list-style-type: none"> 1. Placed left leg forward and bring back the right leg back in a center stance. 2. Left hand blocked attacked slightly outside left knee with clench fist while right hand brought back in 90 degrees 	

PACKAGE 4


Step 6

Front View

<ol style="list-style-type: none"> 1. Left leg shift slightly to the left while right knee extend slightly. 2. Attacked forward with right palm (lower area with fingers slightly clench) Left hand full clench placed at chest area

PACKAGE 4

Step 7

Front View




1. Right leg side kick to the front.
2. Right hand blocking position and left hand open at chest position.

PACKAGE 4

Step 8

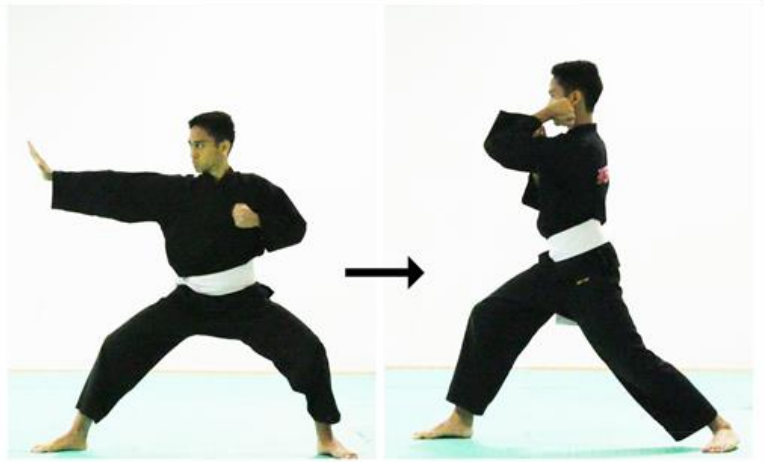
Front View **Front View**



1. Right leg brings to the back of the left leg with body facing forward & knee slightly bend. (Resting on fore foot)
2. Left hand remain open at chest while right hand moves in a 3/4 clockwise rotation forward and placed it in front of the chest with palm facing up.

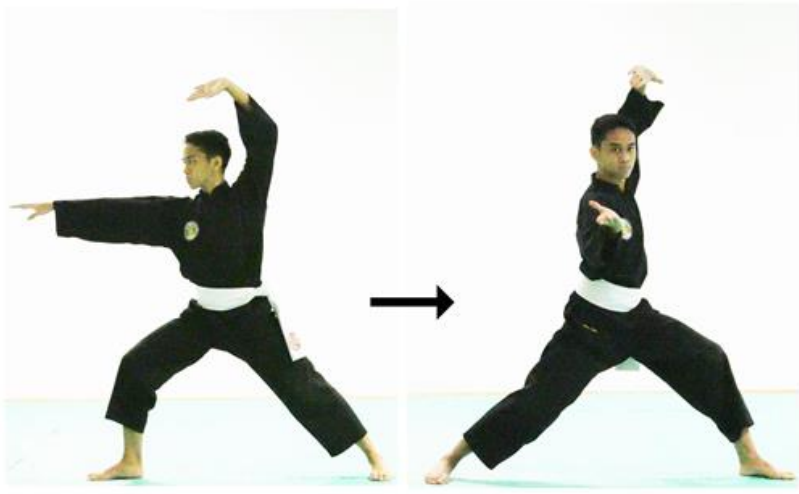
PACKAGE 4

Step 9

Front View	Front View
	
<ol style="list-style-type: none"> 1. Left leg move to the left with body facing to the right with right knee bend & left knee minimal bend. 2. Left hand clenched with elbow fully bend. Right hand open at chest position. 	

PACKAGE 5

Step 1

Front View	Front View
	
<ol style="list-style-type: none"> 1. Stance changes from facing left, face forward with left knee bend and right leg slightly bend. 2. Right hand fully extended raising it up to shoulder level while left elbow and wrist bend in an overhead manner with palm open. 3. Upper body turn to the left simultaneously. 	

PACKAGE 5

Step 2

Front View

1. Stance change to right knee bend with left knee slightly bend.
2. Left hand blocking to the right (with wrist turning action) Right hand move to chest with palm open.
3. Upper body face right while head facing forward.

PACKAGE 5

Step 3


Front View

1. Left leg move forward with knee bend & right knee slightly bend.
2. Right hand punch to the chest while left hand open and place at the chest.

PACKAGE 5

Step 4

Front View




1. Left leg shift forward slightly but lower body stance remain the same.
2. Left punch to the nose (using knuckles) with right hand open place at the chest.

PACKAGE 5

Step 5


Front View **Front View**



1. Right leg sweep to the left (using right foot with knee bend) ending up in a standing position with only left leg in the ground.
2. Left hand open at chest area while right hand brings to the right fully straightened facing backwards.

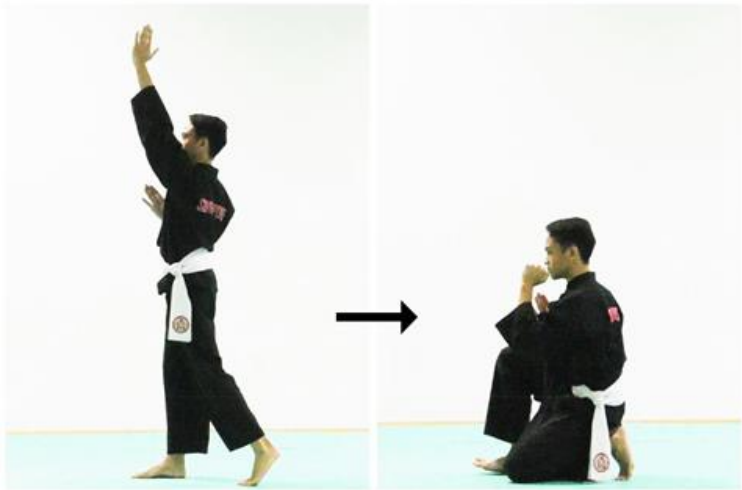
PACKAGE 5

Step 6

Front View	Front View
	
<ol style="list-style-type: none"> 1. Right leg pulls back to the right. Stance change to both knee bend and drop into a center stance. 2. Right hand slightly bends with palm open and pushing down action. (Palm at waist area) 3. Left hand open at chest area. 	


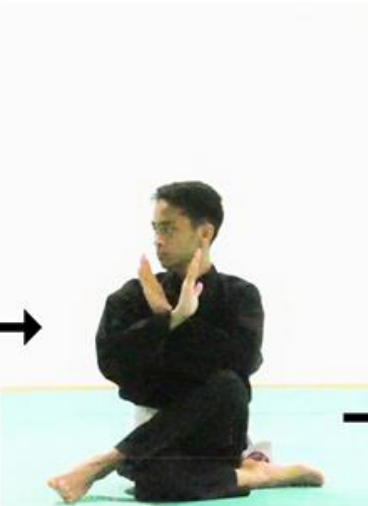

PACKAGE 5

Step 7

Front View	Front View
	
<ol style="list-style-type: none"> 1. Jump up with body facing left direction and drop to a position where right leg in a full squat position left knee about to touch the ground. 2. Body weight rest on left ankle with left leg resting on fore foot. 3. Left hand fully clench and flexed with elbow facing ground while right hand open at chest area. 	



PACKAGE 6

Step 1

Front View	Front View	Front View
		
<ol style="list-style-type: none"> 1. Move slightly up bringing back left leg and sit in a semi crossed leg position. 2. Both hand elbow bend held above shoulder with palm open in a balance manner. 3. Body face forward with head direction to the right. 		



PACKAGE 6

Step 2

Front View	Side View
	
<ol style="list-style-type: none"> 1. Right leg sweep to the right. 2. Right hand on the ground while left hand with palm open blocking forehead. 	




PACKAGE 6

Step 3

Front View	Front View
	
<ol style="list-style-type: none"> 1. Slide forward slightly while bending the left knee, sweep with right leg. 2. Left elbow on the ground with right hand and elbow bend palm open blocking forehead. 	

PACKAGE 6

Step 4

Front View	Front View	Rear View
		
<ol style="list-style-type: none"> 1. Bring right leg all way to left going into 45 degrees position with right knee at the back bend. 2. Body weight bring backward hence left knee bend too. 3. Left hand fully clench while elbow fully bend bringing it up to shoulder level. Right hand open at chest area. 		

PACKAGE 6

Step 5

Front View	Rear View
<ol style="list-style-type: none"> 1. Right leg moves 45 forward to the right into a forward stance with body weight on right leg, hence bending right knee. 2. Right shoulder attack in direction of movement with left hand straightened. With palm open place at groin area and right hand open. 	

PACKAGE 6

Step 6

Front View	Side View
<ol style="list-style-type: none"> 3. Right leg moves 45 forward to the right into a forward stance with body weight on right leg, hence bending right knee. 4. Right shoulder attack in direction of movement with left hand straightened. With palm open place at groin area and right hand open. 	

PACKAGE 6

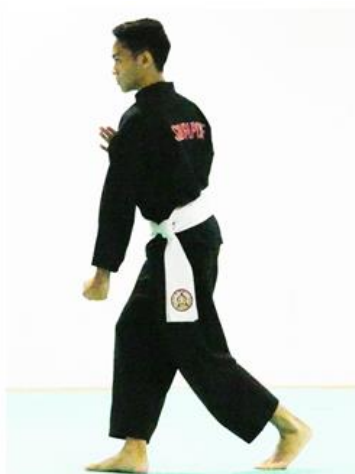
Step 7

Front View

1. Left leg kick forward using heel.
2. Left hand blocking groin with clenched fist & right palm open at chest area.

PACKAGE 6


Step 8

Front View

1. Right leg bring back exactly beside left leg then bring back left leg into a forward stance (right knee bend & left knee slightly bend).
2. Both hands raised up with wrist crossed to block attack to the head. (Both palm open & right in front of left)
3. Body leans back slightly.


PACKAGE 6

Step 9

Front View	Front View
	
<ol style="list-style-type: none"> 1. Body turned 180 to the left on the spot. Right leg slightly bend & left leg bend. 2. Left hand in a dropping technique position while right hand palm opens at chest area. 3. Body weight sit on the right leg. 	


PACKAGE 7

Step 1

Front View	Front View	Front View
		
<ol style="list-style-type: none"> 1. Right leg moves forward into a front stance with right knee bend and left leg slightly bend. 2. Right elbow about 90 bends forward with clenched fist. Left hand open at chest area. 3. Body leaned forward slightly. 		


PACKAGE 7

Step 2

Front View	Front View
	
<ol style="list-style-type: none"> 1. Left leg move forward to the side of right leg, then right leg move forward into a forward stance as in previous movement. 2. Right hand straight punch at chest level with left hand open at chest area. 	

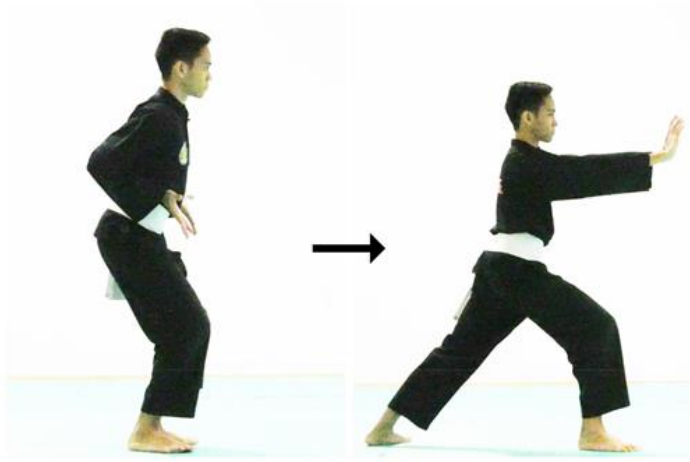
PACKAGE 7

Step 3

Front View	Side View
	
<ol style="list-style-type: none"> 1. Left leg bring to right leg then right leg move to right into a center stance. 2. Right hand elbow bend with palm open facing down blocking abdominal area. 3. Body 45 to left. 	


PACKAGE 7

Step 4

Front View	Front View
	
<ol style="list-style-type: none"> 1. Left leg bring to right leg then right leg move forward into a forward stance. 2. Both hands bring to side of the waist with elbow bend then attack forward chest area with both hand palms open. 3. Body square to the front. 	




PACKAGE 7

Step 5

Front View

<ol style="list-style-type: none"> 1. Left leg move forward to be in line with right leg into a forward stance to the right. 2. Right hand bend elbow with palm facing out slightly clench. Left hand bend elbow palm clench facing inwards. 3. Body position facing right from previous movement.


PACKAGE 7

Step 6

Front View	Front View	Side View
		
<ol style="list-style-type: none"> 1. Right knee bend touching ground. Left leg in full squat position. 2. Right elbow 90 bend with clench fist. Left hand open at chest area. 3. Body leaned forward slightly. 		


PACKAGE 7

Step 7

Front View

<ol style="list-style-type: none"> 1. Right leg moves forward into a forward stance. Left leg bend slightly. 2. Right hand elbow bend clench fist punch forward from below. Left hand open at chest area. 3. Body lean forward slightly.


PACKAGE 7

Step 8

Front View	Front View	Rear View
		
<ol style="list-style-type: none"> 1. Right leg bring back. Left leg bend slightly - Left leg bring to back into a center stance position. 2. Right hand elbow bend palm open. Left hand open placed behind waist. 3. Right hand place at back of right hip. Left hand extended out with palm open shoulder level 45 left. 4. Body 45 facing left but head facing right. 		

PACKAGE 7

Step 9

Front View

<ol style="list-style-type: none"> 1. Right leg move to the left in a rotational manner making a 180 turn into a centre stance. 2. Left hand elbow bend 90 with palm open covering right rib cage. Right hand elbow bend with palm open placed behind left ear. 3. Body facing forward but head facing left.

PACKAGE 8

Step 1

Front View

1. Right knees bring up waist level. Left leg straightened. (Stance on 1 leg)
2. Right hand elbow bend palm opens at chest area. Left hand elbow bend with clenched fist slightly above waist level.
3. Body face forward with head facing left.

PACKAGE 8

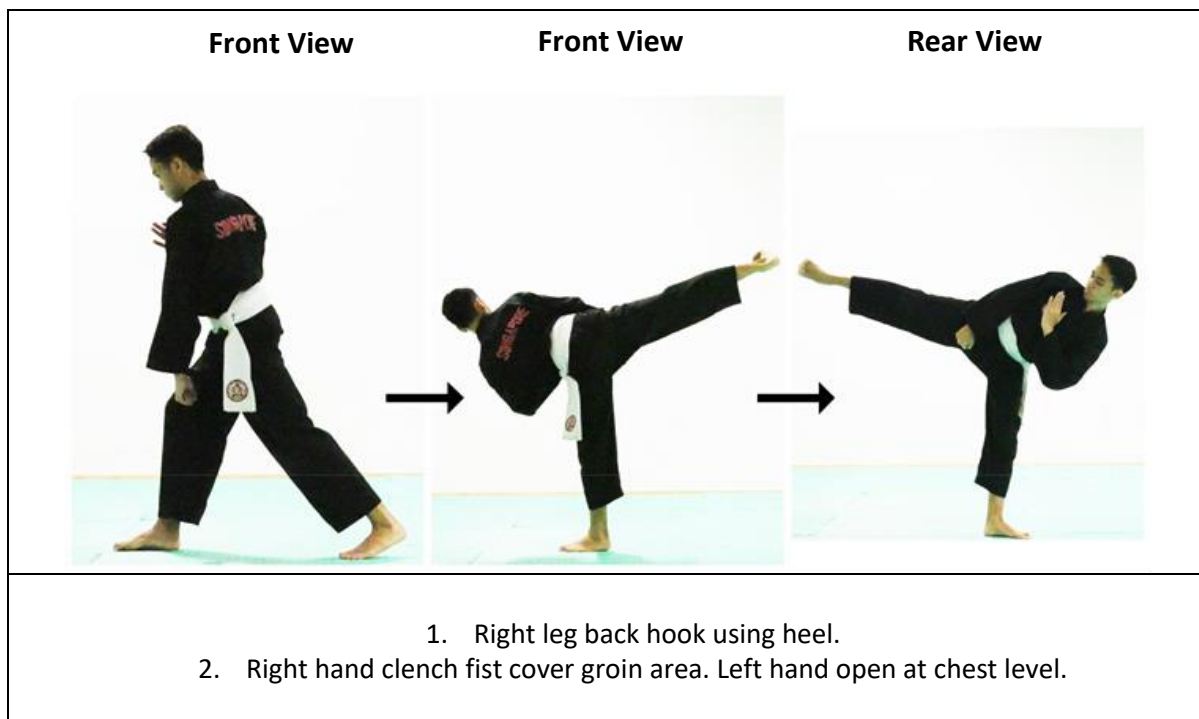
Step 2

Front View

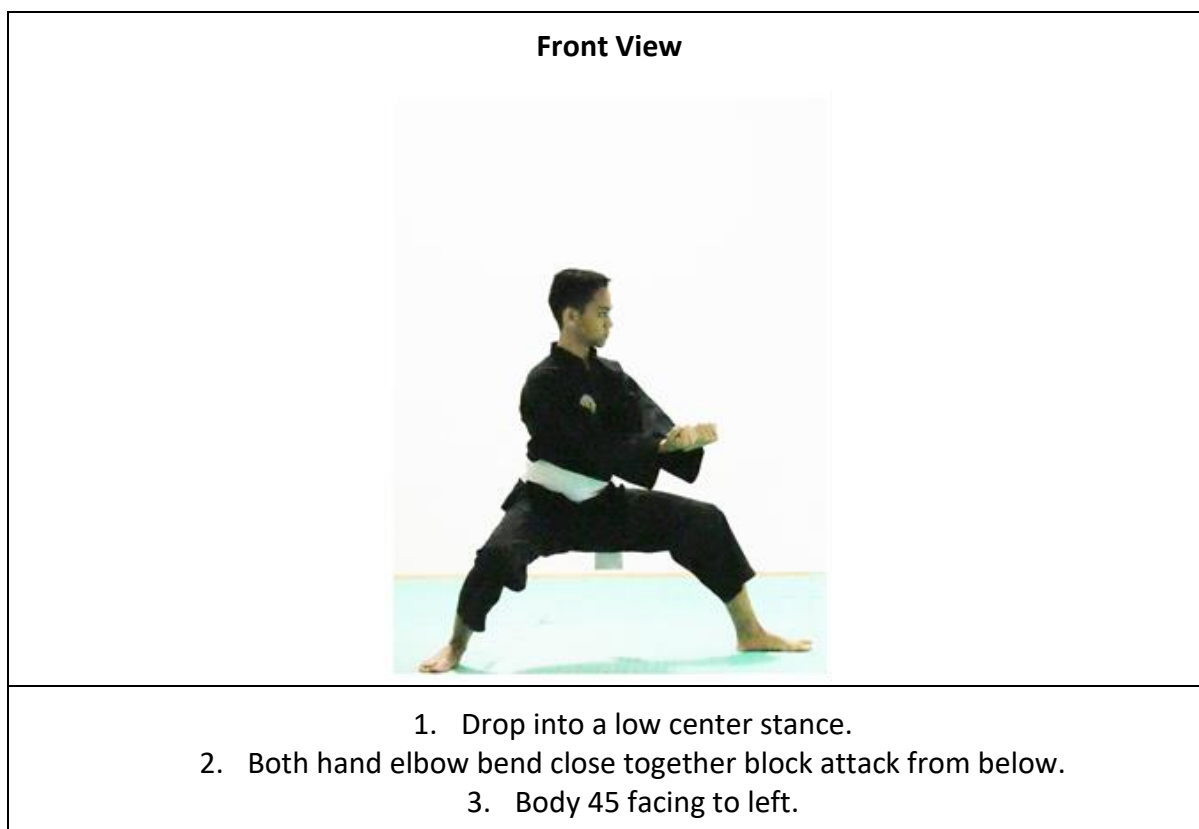
1. Right leg moves to the right into a stance with knee slightly bent. Left leg slightly straighten.
2. Right hand with clenched fist block attack from left.
3. Body lean to the right slightly.

PACKAGE 8

Step 3

**PACKAGE 8**

Step 4



PACKAGE 8

Step 5

Front View

1. Right leg knee bend block attack from left using back of the foot.
2. Right hand clench fist cover groin area. Left hand place at chest area.
3. Body turn 180 degree.

PACKAGE 8

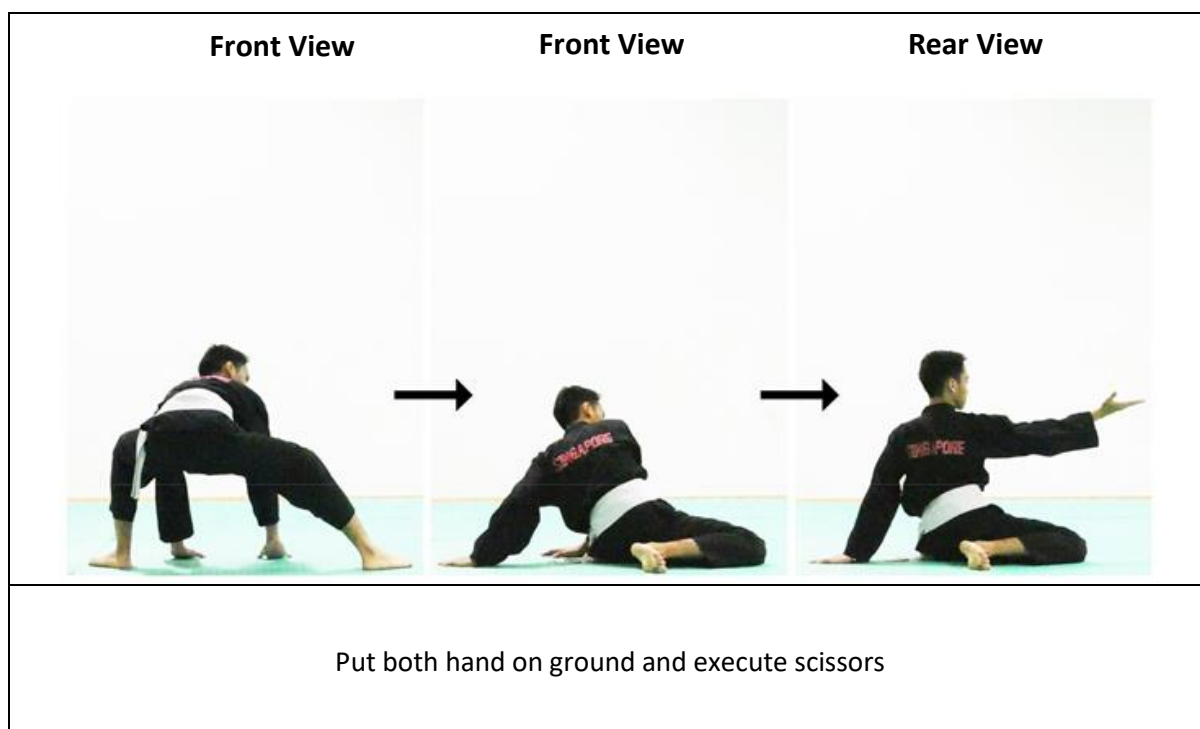
Step 6

Front View

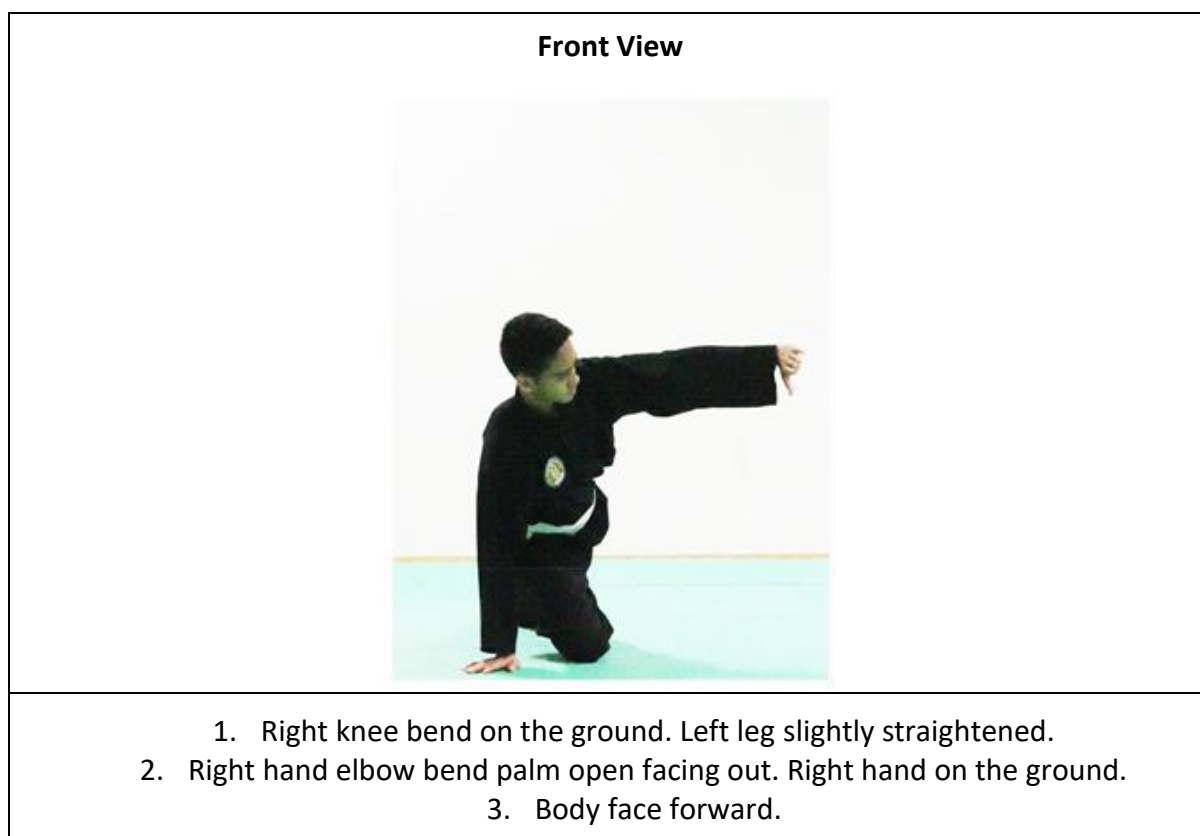
1. Right leg place by the left leg. Left knee bend bring to left into a side stance.
2. Blocking with right hand palm open. Left hand open 45 above shoulder level.
3. Body leaned to left & head facing right.

PACKAGE 8

Step 7

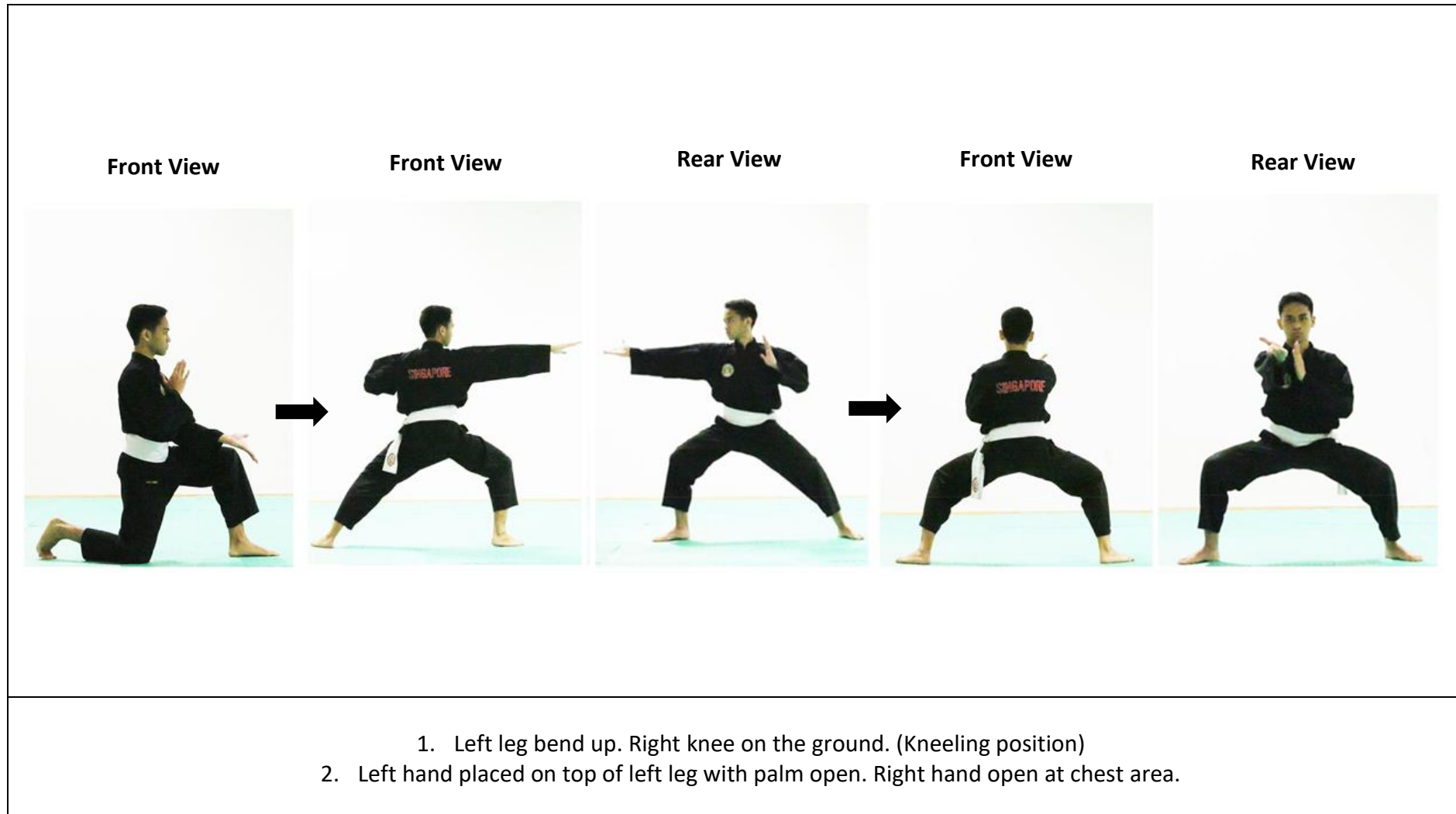
**PACKAGE 8**

Step 8



PACKAGE 8

Step 9



PACKAGE 8

Step 10

Front View

1. Right leg moves into a center stance facing left from previous position.
2. Right hand open palm straightens at shoulder level. Left hand open at chest area.

PACKAGE 8

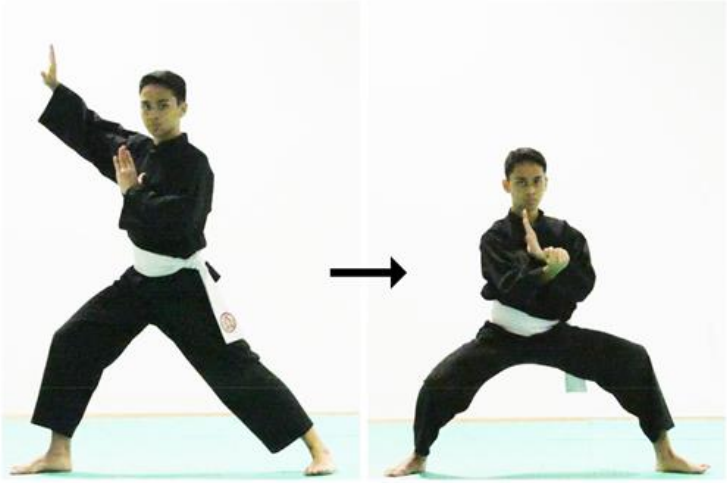
Step 11

Front View

1. Right leg moves forward. Left leg knee bend up to waist level while turning 180 (Stance on 1 leg).
2. Both hand palm open. But left on left thigh while right hand remains on the side.


PACKAGE 9

Step 1

Front View	Front View
	
<ol style="list-style-type: none"> 1. Right knee put down into a center stance. 2. Right hand with clench fist block attack from the front. Left hand open at chest area. 3. Body face 45 degrees to the left. 	


PACKAGE 9

Step 2

Front View	Front View
	
<ol style="list-style-type: none"> 1. Right leg static low hook going into a 1-legged stance. (Right knee bend & up) 2. Right hand clench fist cover groin area. Left hand open at chest level. 	


PACKAGE 9

Step 3

Front View	Front View
	
<ol style="list-style-type: none"> 1. Put right leg slightly forward. Left leg follow suit. Right leg then does a side kick to opponent area. 2. Right hand clench fist covering groin area. Left hand open at chest area. 	

PACKAGE 9


Step 4

Front View

<ol style="list-style-type: none"> 1. Drop right leg to the front into a forward stance. 2. Right hand attack face level using back slap with palm open.

PACKAGE 9

Step 5

Front View

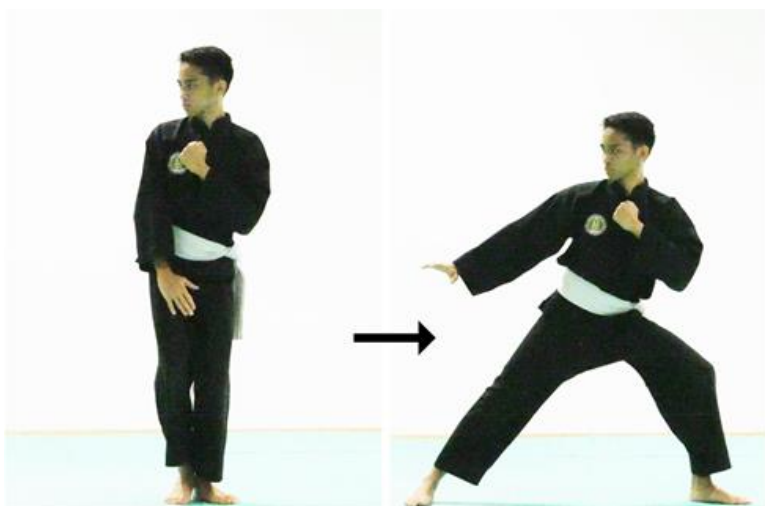


1. Right leg brings in line with left going into a center stance.
2. Left hand do a block with palm open to the left. Right hand open at chest area.
3. Body leans slightly to the right.

PACKAGE 9

Step 6


Front View **Front View**



1. Right leg move to the side of left leg. Left leg knee bend move to the left into side (left) stance.
2. Right hand with open palm block attack from right. Left hand clench fist at chest area.
3. Body lean to the right slightly.


PACKAGE 9

Step 7

Front View	Front View
	
<ol style="list-style-type: none"> 1. Right leg bend knee moves forward into a forward stance. 2. Both hand catch opponent head in front. 	


PACKAGE 9

Step 8

Front View

<ol style="list-style-type: none"> 1. Right knee attack forward. 2. Bring both hand to knee.


PACKAGE 9

Step 9

Front View	Front View
	
<ol style="list-style-type: none"> 1. Right leg place behind while turning 180 degrees. Then jump 90 into half kneeling position with right knee on the ground. Left knee 90 bend. 2. Both hand palm open placed at the side throughout movement. 3. Body facing left from previous step. 	

PACKAGE 10

Step 1

Front View

<ol style="list-style-type: none"> 1. Maintain as previous position. 2. Right hand straightens with palm open shoulder level. Left hand elbow & wrist bend above head. 3. Body maintain direction with head facing right. Hip raise up into high kneeling position.

PACKAGE 10

Step 2

Front View

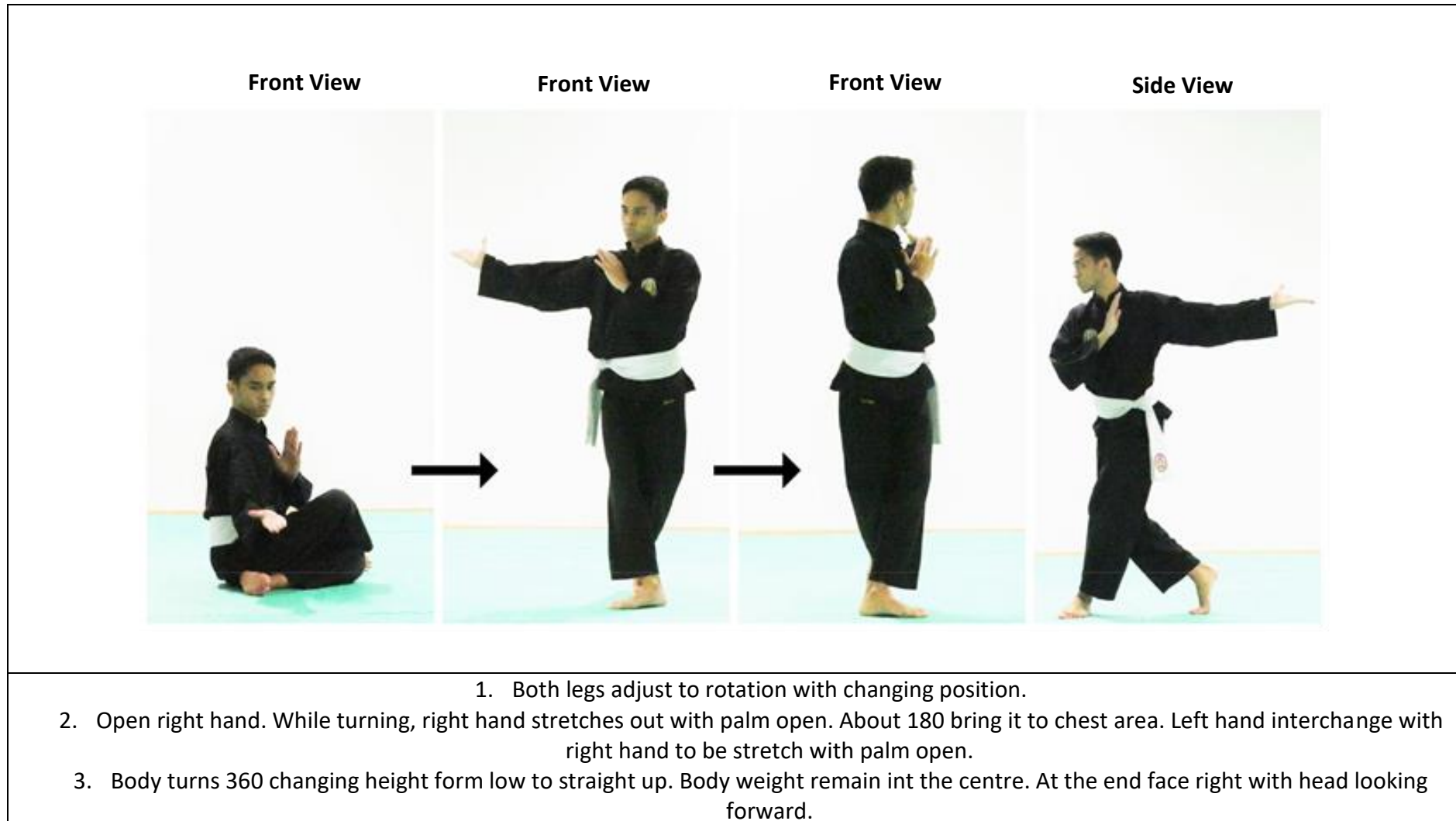
1. Right side kick to opponent knee. Left knee full bend on ground.
2. Put hand on ground. Right hand blocking forehead.
3. Body keeps low.

PACKAGE 10

Step 3

Front View

1. Right leg bend knee brings over left thigh.
2. Right hand elbow bend clench fist. Left hand open at chest.

PACKAGE 10**Step 4**

PACKAGE 11

Step 1

Front View

1. Right leg moves to left in line with left leg into a center stance.
2. Right hand open palm cross at the wrist with left hand open palm at chest level.
(Right hand in front)

PACKAGE 11

Step 2

Front View**Rear View**

1. Right leg place 45 to the back. Left leg remain at previous movement but adjust with movement.
2. Left elbow bring up to direction of attack & with clenched fist. Right hand open at chest level.
3. Body leaned back & rest on the right leg

PACKAGE 11

Step 3

Front View

Single horse kick with both hands on the ground.

PACKAGE 11


Step 4

Front View

1. Place right leg down slightly backward follow through with a left sweep
2. Right hand on the ground. Left hand palm open blocking forehead.


PACKAGE 11

Step 5

Front View	Front View
	
<ol style="list-style-type: none"> 1. Left leg bring back to form a forward stance. (Right knee bend) 2. Right elbow to center of opponent chest. Left hand palm open at chest area. 	

PACKAGE 11

Step 6

Front View

<ol style="list-style-type: none"> 1. Bring right leg in line with left leg into a center stance. 2. Right hand bend elbow with clench fist. Left hand open at chest area. 3. Body face 45 left with head facing forward.

PACKAGE 11

Step 7

Front View




1. Stance remain the same. Weight shift to the right, hence bending right knee.
2. Left hand straighten with palm open attack forward shoulder level. Right hand clench fist at chest area.
3. Body face right. Head looking forward.

PACKAGE 11

Step 8

Front View **Front View**




1. Bring up right knee (Single leg stance).
2. Right hand straightens. Left hand palm open at chest level.

PACKAGE 12

Step 1

Front View




1. Bring right leg behind. Left leg drop into a stance.
2. Both hands move in an inward circular motion till both hand palm open at chest area.
3. Body weight sit on the right leg.

PACKAGE 12

Step 2

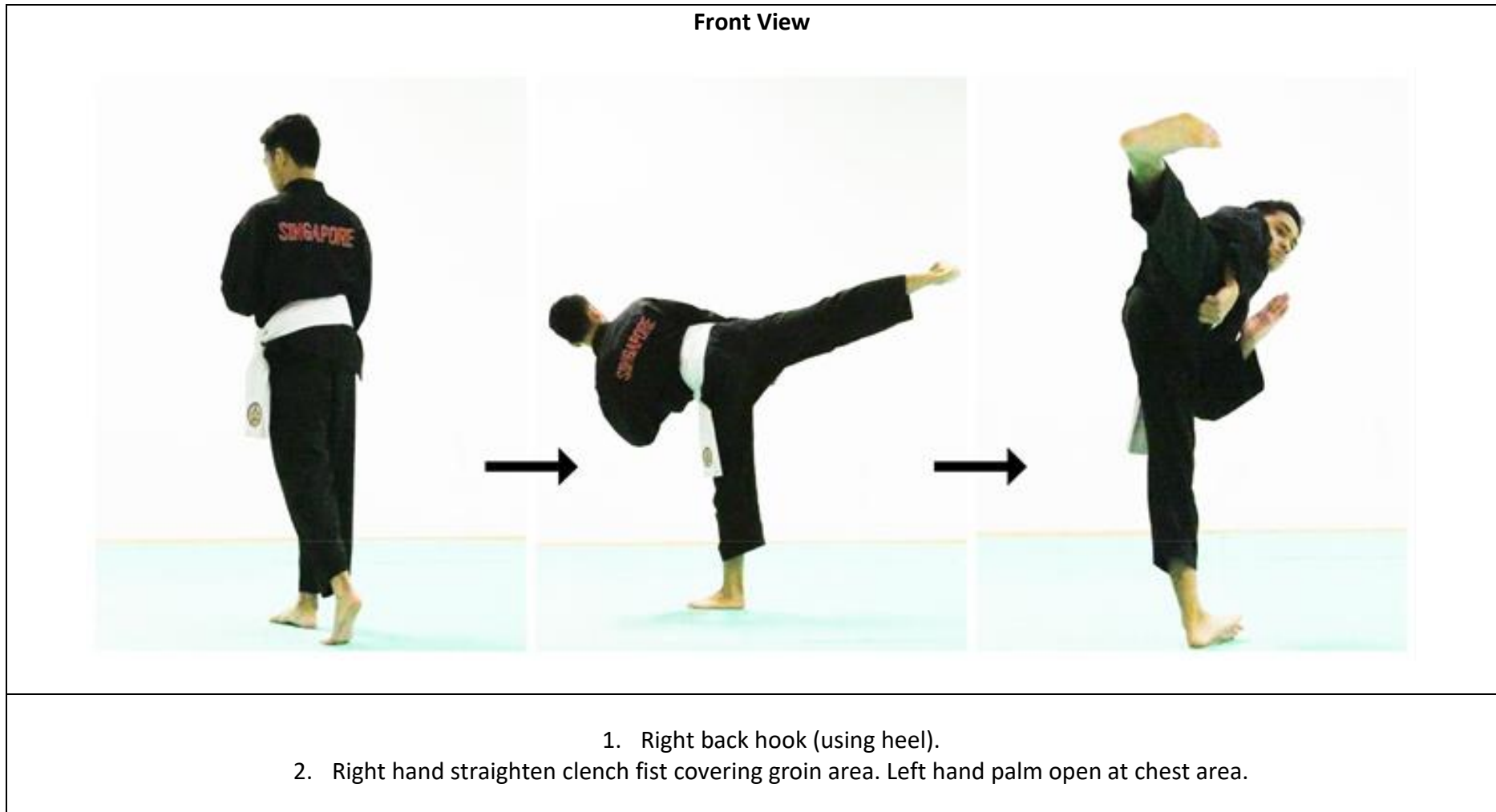
Front View **Front View**



1. Right leg back sweep.
2. Stand in a standing stance with right leg behind.
3. Right hand blocking forehead.
4. Both hand at chest area with right hand only clench.

PACKAGE 12

Step 3



PACKAGE 12

Step 4

Front View

1. Stand in a standing stance with right leg behind.
2. Both hand open at chest area.

PACKAGE 12

Step 5


Front View

1. Adjust accordingly with movement. Right knee slightly bends.
2. Right hand stretching out upwards 45 degrees upward. Left hand open palm at chest area.
3. Eyes looking at right hand fingertips.

PACKAGE 12

Step 6

Front View




1. Bend leg into kneeling position. (Only right knee on the ground)
2. Right hand bend elbow clench fist.
3. Body weight sit on the right leg.

PACKAGE 12

Step 7

Front View



1. Maintain kneeling stance.
2. Place hands on thigh.
3. Face up.

End of Manual

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