▲267741

Republic of the Philippines
Department of Education
REGION I
SCHOOLS DIVISION OF DAGUPAN CITY

DepEd SDO Dagupan City
RECORDS OFFICE
RECEIVED
AUG 28 2025
By: _____ Time: 6:00

Office of the Schools Division Superintendent

August 28,2025

DIVISION MEMORANDUM
No. 435 s. 2025

DIVISION-WIDE TEACHERS' DAY CELEBRATION

To: Assistant Schools Division Superintendent
Chiefs Education Program Supervisor
Public Schools District Supervisors
Education Program Supervisors
Public Elementary and Secondary School Heads
All Teaching and Non-Teaching Personnel
SDO Personnel
All Others Concerned

DepEd SDO Dagupan City
RECORDS OFFICE
RECEIVED
SEP 01 2025
6515
Time: 3:14

1. Pursuant to the nationwide celebration of National Teachers' Month and World Teachers' Day, the Schools Division Office of Dagupan City will conduct its division-wide Teachers' day Celebration on September 19, 2025 at Tondaligan Beach, Bonuan Gueset.

2. The celebration will highlight the conduct of "Laro ng Lahi" and "Salu-salo" to promote camaraderie, teamwork, and wellness among teachers and employees.

3. The detailed program of activities and game mechanics are contained in annexes A to C.

4. All players are required to secure a medical certificate certifying that they are physically fit to join the games.

5. Each school should bring their own food for lunch for the "Salu-salo".

6. For immediate dissemination and compliance.

ROWENA C. BANZON EdD, CESO V
Schools Division Superintendent

Address: Burgos St., Poblacion Oeste,Dagupan City
Telephone: (075) 653-4101
Website: depeddagupan.com
email:dagupan.city@deped.gov.ph

Republic of the Philippines
Department of Education
REGION I
SCHOOLS DIVISION OF DAGUPAN CITY

Office of the Schools Division Superintendent

Annex A- Matrix of Activities
Time: 7:30 AM-5:00 PM

	Activity/Game	TIME	VENUE	Participants	Facilitator
1	Kit-kit	9.00-10:00AM	Japanese Garden	5 players per District/Team Mixed Male & Female	Dr. Alicia B. Quimboy District 3 School Heads Agnes T. Caliedan Corazon L. Cerezo John A. Alipio Nizza Irene J. Guieb Teddy Benitez District 3 Sports Coordinator
2	Cup Relay	9:00-10:00AM		5 players per District/Team Mixed (Male & Female)	
3	Tupak Bol	8:00-10:00 AM	Mayor's Shed	8 players per District/Team Mixed (Male & Female)	
4	Shato or Bati Cobra	8:00-9:00AM		4 players per District/Team 2 Male 2 Female	
5	Sack Race	9:00 10:00 AM	Baywalk	6 Players per District/Team Mixed 3 Male 3 Female	Rowena O. Lapaan District 4 School Heads Agape M. Nabua Marnelli C.Sonza Jennifer M. Festejo Marisel M Gatchalian
6	Tug of War	10:00AM onward	Tondaligan Beach	10 players per District/Team Mixed 5 Male 5 Female	
7	Tumbang Preso	8:00-9:00AM		1 player/District (Open to male & female)	
8	Jack Stone	1:00PM		1 player/District (Open to male & female	Arnel Mararac District 4 Sports Coordinator
9	Baldo (Skipping Rope)	1:00P.M.		7 players per District/Team Mixed Male & Female	

Address: Burgos St., Poblacion Oeste,Dagupan City
Telephone: (075) 653-4101
Website: depeddagupan.com
email:dagupan.city@deped.gov.ph

10	Patintero	9:00-10:00		5 players per District/Team Mixed (Male &Female)	Dr.Leonarda J.Manansala District 5 School Heads Maricris P. Ferrer Renato D. Benitez Mary Ann C. Carrera Jeffrey Ceralde District 5 Sports Coordinator
11	Beach Volley Ball	8:00AM onward		10 players per District/Team Mixed 5 players (Male) 5 players (Female)	
12	Limbo-Limbo Rock	1:00 P.M.		3 players per District/ Team (Mixed)	

Note: District 1-9&10 and SDO Team

Office of the Schools Division Superintendent

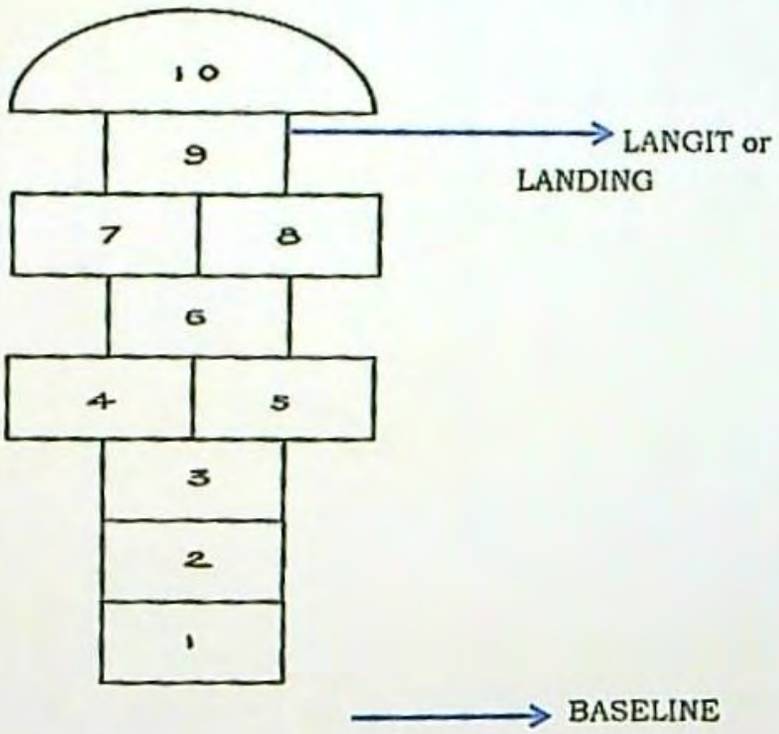
Annex B- GAME MECHANICS

KIT KIT

Objective: To complete the course by hopping through the numbered boxes without losing balance or stepping on the lines , while promoting balance, focus, and coordination among participants.

Participants: There must be 5 members of each team. A mixed group of gender is allowed.

Materials Needed:
A box made of 45 cm by 45 cm each will be drawn in the pavement using a chalk by the umpires, which appears to be like this:



Rules:

1. The "pamatok" must reach the "langit" first (numbered 10). If the pamatok has been thrown outside of the "langit" figure, it must be repeated, UNTIL IT IS INSIDE, then the player can step on the kitkit.

2. Only by a successful throwing of the "pamatok" inside the "langit" (see figure 10) will initiate the game.

3. Single box must be stepped on by single foot, while two blocks in a row, must be stepped on by two feet.

Boxes 1,2,3,6 & 9- single foot on the ground

Boxes 4, 5, 7, 8 & 10- both feet on the ground

4. Upon reaching the "langit" or landing area, the player must pick the pamatok, and must return to the baseline.

5. The player in the game must touch the palm of the next player, only then the said player shall proceeds, and the same gesture shall continue until the last player.

6. Crucial: Stepping of any foot or both feet of the player on any line in any of the box will cause the player to start again from the baseline, aiming the pamatok to reach the langit, again.

7. The team who has made all the members make a successful round trip (baseline, landing site and back to baseline) in the **shortest period of time** wins the game.

Address: Burgos St., Poblacion Oeste,Dagupan City
Telephone: (075) 653-4101
Website: depeddagupan.com
email:dagupan.city@deped.gov.ph

Office of the Schools Division Superintendent

MOVING ON UP CUP RELAY

Objective: Be the first team to cycle the **special-colored cup** from the **bottom of the stack** all the way to the **top** by moving cups one at a time.

Participants: There must be 5 members of each team. A mixed group of gender is allowed.

Materials Needed: 10 cups same color and 1 special cup different colors

Rules:

Each team gets a stack of about **11 plastic cups** (all the same color except 1 cup of a different color). That **odd-colored cup** starts at the **bottom** of the stack. Teams line up relay-style.

Start

- First player takes the stack of cups.
-

Moving the Cup

- Player removes the **top cup** and moves it to the bottom of the stack, one by one. Continue until the **odd-colored cup** moves from the bottom to the top.

Relay Transition

- Once the odd-colored cup reaches the top, the player hands the stack to the next teammate. Tag your teammate .
-

Next Player

- The next teammate repeats the same process (move top cup to bottom until odd-colored cup is back on top).
-

Winning

- The relay continues until all players on the team have completed the task. First team to finish correctly wins.

Address: Burgos St., Poblacion Oeste,Dagupan City
Telephone: (075) 653-4101
Website: depeddagupan.com
email:dagupan.city@deped.gov.ph

TUPAK BOL

"Touch the Body"

UNANG BAHAGI : KASAYSAYAN NG LARO

Ang **Tupak Bol**, na kilala rin bilang *Touch the Body*, ay isang masiglang larong pampalakasan na layuning palakasin ang samahan, disiplina, at pisikal na kakayahan. Sa larong ito, ang mga manlalaro ay kailangang tamaan ng bola ang miyembro ng kabilang koponan upang ito ay matanggal sa laro. Bukod sa pagiging masaya, hinihikayat ng larong ito ang galing sa diskarte, pagiging alerto, at maayos na pakikitungo sa mga kalaro. Isa itong makabuluhang aktibidad upang itaguyod ang pagkakaisa ng bawat distrito.

IKALAWANG BAHAGI: MEKANIKS NG LARO

1. Bilang ng mga Koponan

- Mayroong sampung (10) koponan na lalahok sa kumpetisyon.
- Ang bawat koponan ay binubuo ng walong (8) pangunahing manlalaro — apat na lalaki at apat na babae — na kumakatawan sa kanilang distrito.
- Ang tagapamahala ng laro ay naghanda ng limang (5) pares ng mga hugis, na inilagay sa loob ng isang kahon.
- Bawat koponan ay bubunot ng isang hugis mula sa kahon. Ang dalawang koponan na nakabunot ng magkaparehong hugis ang magiging magkatunggali sa laro

2. Paraan ng Paglalaro

- Ang coin toss o pagbato ng barya ang magsisilbing paraan upang matukoy kung aling koponan ang unang magiging opensa at depensa.
- Sa larong Tupak Bol, ang dalawang koponan ay magpapalitan ng papel bilang opensa at depensa.
- Bawat laro ay may itinakdang oras na sampung (10) minuto.
- Ang koponang opensa ay mahahati sa dalawang grupo na may tig-aapat (4) na manlalaro, at sila ay tatayo sa magkabilang dulo ng court (front line at back line).
- Ang layunin ng koponang opensa ay tamaan ng bola ang katawan ng sinumang manlalaro mula sa koponang depensa, na maaaring tumakbo o umiwas sa lamang sa loob ng court
- Ang lahat ng manlalaro ng depensa — ay dapat manatili sa loob ng kanilang itinakdang posisyon o linya.
- Kung ang manlalaro ng dipensa ay lumagpas sa linya ng court siya ay awtomatikong maaalis sa laro.
- Mahigpit na ipinagbabawal ang pagtama sa ulo ng kalaban. Kung mangyari ito, ang manlalarong nambato ng bola ay siya namang tatanggalin sa laro bilang parusa.
- Matapos ang 10 minuto, ang koponang may pinakamaraming natitirang manlalaro ang ide-deklarang panalo.
- Kung magtabla ang laro (pareho ang bilang ng natitirang manlalaro sa bawat koponan), magkakaroon ng karagdagang limang (5) minuto upang matukoy ang panalo.

Address: Burgos St., Poblacion Oeste,Dagupan City
Telephone: (075) 653-4101
Website: depeddagupan.com
email:dagupan.city@deped.gov.ph

3. Takbo ng Paligsahan

- Magkakaroon ng knock-out game.
- Bawat round ay tatagal ng 10 minuto.
- Dalawang koponan ang maghaharap sa bawat round.
- Pagkatapos ng unang 10 minuto, ang koponang opensa ay magiging depensa, at vice versa.
- Muli silang maglalaro ng panibagong 10 minuto.
- Ang koponang may pinakamaraming natitirang manlalaro sa pagtatapos ng dalawang palitan ang siyang panalo sa laban.
- Sa huli, limang (5) distrito ang ide-deklarang nagwagi.

IKATLONG BAHAGI: MGA ALITUNTUNIN AT PATNUBAY

A. Panuntunan sa Oras at Pagdalo

1. Ang laro ay gaganapin sa Tondaligan Beach sa darating na Setyembre 19, 2025, at magsisimula ng 8:00 ng umaga.
2. Ang koponang hindi dumating sa loob ng 10 minuto matapos ang nakatakdang oras ay awtomatikong matatalo (forfeit).

B. Kasuotan ng mga Manlalaro

- Lahat ng kalahok ay dapat nakasuot ng jogging pants at T-shirt.
- Maaaring nakapaa o nakasapatos depende sa kaginhawaan ng manlalaro.

C. Patakaran sa Tagapamahala

- Magkakaroon ng dalawang referee sa bawat laban — isa sa bawat panig — upang masiguro ang patas at maayos na takbo ng laro.

Republic of the Philippines
Department of Education
REGION I
SCHOOLS DIVISION OF DAGUPAN CITY

Office of the Schools Division Superintendent

Tournament Bracket / Knock-Out Game

Game 1	Game 2
Triangle V.S Triangle	Square V.S Square

Game 3	Game 4
Rectangle V.S Rectangle	Circle V.S Circle

Game 5
Heart V.S Heart

Top 5 Winners
1.
2.
3.
4.
5

Address: Burgos St., Poblacion Oeste,Dagupan City
Telephone: (075) 653-4101
Website: depeddagupan.com
email:dagupan.city@deped.gov.ph

SYATO OR BATI COBRA

Objective: To score the highest points by successfully s the short stick (Syato) with the longer stick , sending it as far as possible, while demonstrating skill, accuracy, and strategy.

Participants: Players will compete in teams of 6 members (3 males and 3 females)

Materials Needed: short stick (around 6-8 inches)called siyato
long stick (around 12-18 inches used as a bat

Rules:

- Toss coin will be used to determine which team goes first (batter).
- The first player places the short stick over the hole and use the longer stick to launch the shorter stick into the air.
- The fielders will try to catch the shorter stick.
- If caught – the batter is out, and the next batter plays.
- If not caught – fielders will try to hit the longer stick where the batter places over the hole.
- If the fielder successfully hit the stick, they will be awarded with 10 points
- If they did not hit the longer stick, the batter will proceed with the next stage.
- The shorter stick will place across the hole mark hits one end to launch it into the air, then tries to hit it again mid-air to send it farther.
- Fielder will again attempt to catch the stick
- If caught – the batter is out, and the next batter plays.
- If not caught – the landing spot is measured for scoring using the longer stick. Each unit equals 1 point.
- Points are tallied per batter and accumulated at the team level.
- After all team members bat, roles switch: Batters become Fielders, and vice versa
- The winner shall be determined after 1 complete round of battling and fielding, the team with highest cumulative score wins.

Office of the Schools Division
Superintendent

SACK RACE (LUKSONG SAKO)

Objective: Finish the race in the fastest time by hopping inside a sack in a relay format
The team with the shortest time wins.

Participants: Each District team has 6 players.
(3 Males, 3 Females)
Everyone must participate, no one can sit out

Materials Needed:
*1 sack per team (passed during the relay)
*Whistle or signal for starting
*Score sheet
*Marked start and turning point (cones, chairs, or rope)
*Stopwatch or timer (1 per lane)

Rules:

1. All 6 players line up at the starting line.
2. At "go", the first player hops inside the sack to the turning point (e.g., 10 meters), goes around it, and hops back to the starting line.
3. Upon return, the first player exits the sack and hands it over to the next teammate, who repeats the same process.
4. This continues until all 6 members have completed the hop.
5. The timer stops once the last (6th) player crosses back over the starting line.
6. The fastest team wins.

Disqualification/Violation Rules:
*Sack removed while hopping = disqualified
*Skipping a teammate = disqualified
*Unsportsmanlike conduct = warning or disqualification
*Running with feet outside the sack = 5-second penalty
*Pulling/pushing teammates = 3-second penalty

Safety Reminders:

*Make sure the race area is flat and safe
*Allow stretching or warm-up before starting
*Use sacks big enough for adults to avoid tripping.

Office of the Schools Division
Superintendent

TUG OF WAR

Objective: To pull the rope along with the members of opposition team to their side. As soon as the second mark on the rope from the center red mark crosses over to center line, the team to pull the rope to their area wins the game. Tug of war competition requires a judge.

Participants: 10 members per team

(5 males, 5 females)

Materials Needed.

- Rope

Rules:

1. Tug of War is a sport in which two teams compete by pulling on opposite ends of a rope, with the goal of bringing the rope a certain distance in one direction against the force of theopposing team's pull.

2. There is a red mark made in the middle of the rope. This red mark on the rope needs to be at a perpendicular angle to the exact center point on the ground, before the commencement of the game.

3. A white mark is made exactly 13 feet from the red mark on either sides of the rope

4. The game is won when either side with this white mark crosses the center point.

5.The game must be played on a flat grassy patch of land.

7. A line referred to as a center line is marked on the playing zone and the rope is placed in a manner that its center mark should align the center marked on the ground.

8 On either side of the rope at the distance of 4 m from the center line,2 more marks need to be made.

9. This is the point where in the first member of each team will stand.

10. Knockout (Single Elimination)

We need byes to make the number of teams even. **With 11 teams:**

- Round 1 → 10 teams play (5 matches) + 1 team gets a bye

- Round 2 → 6 teams left (3 matches)
- Round 3 → 3 winners → give 1 bye, 2 play each other
- Round 4 → Final (2 teams)

Example Bracket:

Round 1 (5 matches + 1 bye):

- Match 1: Team 1 vs Team 2
- Match 2: Team 3 vs Team 4
- Match 3: Team 5 vs Team 6
- Match 4: Team 7 vs Team 8
- Match 5: Team 9 vs Team 10
- Team 11 → Bye

Round 2 (Quarterfinals, 6 teams):

- Winner M1 vs Winner M2
- Winner M3 vs Winner M4
- Winner M5 vs Team 11

Round 3 (Semifinals, 3 teams):

- One random team gets bye
- Remaining 2 teams fight → Winner joins the team with bye

Round 4 (Finals):

- Last 2 teams → Champion

Office of the Schools Division Superintendent

TUMBANG PRESO NA MAY TWIST
(Nakatalikod Challenge)

Bilang ng Manlalaro
1 Preso or It
3–5 Kalaban (o mas marami depende sa bilang ng grupo)

Mga Kagamitan
5 basyong lata (magaan at hindi matalim)
2 pares ng tsinelas (panghampas ng Preso)
Timer o orasan

Pamamaraan ng Laro

1. Paghahanda
- Ang Preso (IT) ay nakatalikod sa playing area at stationary lang sya sa may hitting zone.
- Ang kalaban ay mag-aayos ng 5 basyong lata sa loob ng itinakdang playing area. Dapat nakatayo ang mga lata.

2. Layunin ng Laro
- Kapag nagsimula na ang oras (3 minuto), ang Preso ay nakatalikod sa mga lata at ihahagis ang tsinelas upang mapabagsak ang mga lata.
- 3 pares tsinelas ang maaaring gamitin sa bawat hagis. Ang mga kasama ng Preso ang magbibigay ng mga tsinelas at syang magsisilbing gabay.

3. Gampanin ng Kalaban
- Pagkatapos mailagay ang mga lata, bawal nang pumasok sa playing area ang mga kalaban.
- Sila ang magsisilbing tagapagbantay upang matiyak na hindi dapat aalis ang Preso sa hitting zone.
- Sila rin ang bibilang ng mga latang natumba.

4. Puntos
- Bawat latang mapabagsak = 1 puntos.
- Pinakamataas na puntos sa isang round = 5 puntos.
- Kapag natumba lahat ng lata bago matapos ang 3 minuto, agad na matatapos ang round.

5. Pagpapalit ng Gampanin
- Pagkatapos ng bawat round, papalitan ang Preso ng kabilang grupo upang lahat ay makapaglaro.
- Ang grupo na may pinakamataas na puntos pagkatapos ng lahat ng round ang magiging Kampiyon Preso.

6. Mga Panuntunan sa Kaligtasan
- Siguraduhing walang ibang matataaman ng tsinelas.
- Kailangang malinis ang tsinelas at walang mga nakakasugat para sa kaligtasan ng Preso.
- Gumamit lamang ng magagaan at walang matalim na gilid na lata.

Address: Burgos St., Poblacion Oeste,Dagupan City
Telephone: (075) 653-4101
Website: depeddagupan.com
email:dagupan.city@deped.gov.ph

Office of the Schools Division
Superintendent

JACKSTONE WITH A TWIST

Objective: Complete all stages of Jackstone by tossing the basketball, picking up stones, and dropping them into the basket.

Participants: 1 player per District

Materials Needed:

- 5 Large stones (can be made of wood or plastic, as long as they are easy to handle)
- 1 Basket (large enough to hold the stones)
- 1 Basketball

Rules:

Preparation:
- Find a flat area where you can play.
- Place the basket in a designated spot.
- Players will compete to determine who goes first by playing "rock-paper-scissors" (Jack-en-Poy). The winner plays first.

First Stage (Singles):
- Scatter the 5 stones on the ground.
- Toss the basketball upwards.
- While the basketball is in the air, choose one stone, pick it up, and catch the basketball before it hits the ground.
- After catching the basketball, drop the stone into the basket.
- If the stone doesn't fall into the basket, the basketball isn't caught, or another stone is touched, your turn is over.

Second Stage (Doubles):
- Repeat the process from the first stage, but this time, pick up two stones in one go.
- Toss the basketball upwards.
- While the basketball is in the air, choose two stones, pick them up, and catch the basketball before it hits the ground.
- After catching the basketball, drop the two stones into the basket.

Third Stage (Triples):
- Repeat the process, but this time, pick up three stones.

Fourth Stage (Quads):

- Repeat the process, but this time, pick up four stones.

Fifth Stage (All):
- Toss the basketball upwards.
- While the basketball is in the air, pick up all five stones and catch the basketball before it hits the ground.
- After catching the basketball, drop all five stones into the basket.

Winning:
- The first player to complete all stages and drop all the stones into the basket wins.

Important Notes:
- Make sure the stones are large enough to prevent slipping from your hand
- The size of the basket can be adjusted depending on the age and ability of the players.
- Be careful when tossing and catching the basketball to avoid injury.
- If it's too difficult to pick up multiple stones, you can reduce the number of stones to pick up in each stage.

Twists:
- A penalty can be added for not dropping the stone into the basket. For example, they need to run around the basket once before continuing the game.
- A "power-up" can be introduced where they can ask another player for help in picking up the stones.

Office of the Schools Division
Superintendent

SKIPPING ROPE (BALDO)

Objective: To successfully jump over the rope in rhythm without tripping, while promoting physical fitness, coordination, endurance, and teamwork among participants

Participants:

- 7 members per team (mix of male and female)
- 2 to handle the rope, 5 are jumpers

Materials Needed:

- rope

Rules:

1. Members of the team will jump individually and may continue to jump as long as he/she does not touch the rope.
2. Any member who touch the rope will be disqualified to jump for the next round.
3. Each team is given 1 minute
6. The team with the highest number of jumps wins
7. Judges' decision is final.

Office of the Schools Division
Superintendent

PATINTERO

Objective: The game will measure the speed, agility and witty attention of players, and their ability to play, not as separate individuals but as a united team

Participants:

5 players per District/Team

(3 males & 2 females)

Materials Needed:

- court
- A square of length 6 linear meters, and 4 horizontal meters must be marked to an even split in three dimensions.

Rules:

There will be 3 minutes for each team accumulate their points during the game.

Official Game Essentials

- Five (5) line referees to do the watch, one referee per line
- One (1) person to compile and record the scores and at the same time watch the clock for the time.
- Playing form shall be presented before the start of the game.

How to Play the Official Game

- Mag-to- toss coin ang dalawang pangkat kung sino ang unang maglalaro bilang Bangon at Taya.

Sa bawat guhit na malalagpasan ng Bangon, bibigyan ang pangkat ng dalawang (2) puntos, Ang puntos ay igagawad lamang sa nangungunang Bangon sa pinakamalayong narating at hindi sa bawat kasapi ng Bangon. Kapag nakabalik sa simulang lugar ng hindi natataya ang nangungunang bangon ay magkakaroon ng automatikong dalawampu (20) puntos ang kanilang pangkat.

- Kapag ang isa sa mga Bangon ay nataya, muling babalik ang lahat ng Bangon sa homebase upang magsimulang muli, at ang itatalang puntos ay yaong sa kakamping Bangon na may pinakamalayong Napuntahan. (Pagkatapos lamang ng tatlong (3) minuto magpapalitan ang Pangkat ng Bangon at ang Pangkat ng Taya).
- Sa pagkakataong naging patas ang puntos ng dalawang koponan ,Ang idedeklarang panalo ay yaong pangkat na may pinaka maiksing oras.

Address: Burgos St., Poblacion Oeste,Dagupan City
Telephone: (075) 653-4101
Website: depeddagupan.com
email:dagupan.city@deped.gov.ph

FINAL GAME

- Muling mag-to-toss coin Po ang dalawang pangkat kung sino ang unang maglalaro bilang Bangon at Taya
- Sa pagkakataong ito, bibigyan ng limang (5) minutong tagal ang buong laro (hindi tatlong minuto bawat pangkat).

Address: Burgos St., Poblacion Oeste,Dagupan City
Telephone: (075) 653-4101
Website: depeddagupan.com
email:dagupan.city@deped.gov.ph

SDO DAGUPAN CITY

Office of the Schools Division Superintendent

GIANT INFLATABLE BEACH VOLLEYBALL

Objective: Send the ball over the net to ground it inside the opponent's court while preventing it from landing on your side

Participants:

- Each team consists of:
  - **10 active players** on the court (**5 boys and 5 girls**).
  - **4 reserve players** (**2 boys and 2 girls**) for substitution.
  - **1 Coach** – overall strategist, decides on player rotations and substitutions.
  - **1 Assistant Coach** – supports the coach, manages bench players, and ensures readiness.
- At all times, the team on court must remain **balanced** (**5 boys and 5 girls**).

Materials Needed:

- **Giant inflatable volleyball** (oversized, lightweight ball).
- Court: standard beach volleyball size (**16m x 8m**), boundaries marked with ropes or flags.

Rules:

- The ball is served by **hitting or pushing** it over the net.
- **Any number of players** may touch or assist in moving the ball, as long as it successfully crosses the net.
- Simultaneous hits by multiple players are allowed.
- Any body part may be used to keep the ball in play.
- **Rotation**: Any rotation system is allowed (free rotation), as long as there are always **10 players on court** (**5 boys and 5 girls**).
- **Net Rule**:
  - **No player** may touch the net with **any part of the body (including hair)** during play.
  - **The ball may touch the net** while crossing or attempting to cross (on serve or rally), and play continues.
- **Timeouts**: Each team is allowed a maximum of **2 timeouts per game.**

6. Scoring System

- **Rally point system**: a point is awarded on every rally.
- Game is played in a **single set to 15 points**, must win by **2 points.**

7. Substitutions

- **Unlimited substitutions** are allowed.
- Substitutions can be made only during **dead-ball situations.**
- The **Coach has full discretion** on which players will stay inside the court.
- Court must always keep **5 boys and 5 girls** at all times.

8. Fair Play & Safety

- No rough play, pulling, or holding the ball.
- Pushing, shoving, or interfering with opponents physically is not allowed.
- Respect and **sportsmanship** must always be observed.

9. Officiating Officials

To ensure fair play, the following officials are assigned:

- **1st Referee** – Oversees the entire match, final authority on rule interpretations.
- **2nd Referee** – Assists the 1st referee, monitors net faults, substitutions, and timeouts.
- **2 Line Judges** – Watch boundary lines to call "in" or "out."
- **Scorer** – Records points, substitutions, timeouts, and player rotations.
- **Game Coordinator/Match Official** – Supervises overall conduct of the match and ensures adherence to mechanics.

10.Tournament Format

Round 1 – Preliminary (5 Matches)

Match Number	Team	vs	Team
1	A		B
2	C		D
3	E		F
4	G		H
5	I		J
K-(BYE)			

Round 2 – Quarterfinals (3 Matches)

Match Number	Team	vs	Team
6	Winner-Match 1		Winner-Match 2

7	Winner -Match 3		Winner-Match 4
8	Winner-Match 5		K-Bye

Track winning margins

3 Winners advance to Round 3 (Semifinals)

Round 3 – Semifinals (Based on Margin of Victory):

- Determine which team had the largest winning margin in Round 2
- That team gets a BYE to Final
- The other two teams play:

Team A-Bye

Team B and C are the teams next to team A in terms of score margins.

Match Number	Team	vs	Team
9	B		C

The loser of the match number 9 is the 3rd placer while the winner enters the final.

Final – Championship Match:

Match Number	Team	vs	Team
10	Winner M9		A-bye

Match	Team vs Team
Match 10	Winner of Match 9 vs Bye team (from Round 3)

Winner = Champion

- **Loser = 2nd Place**
- **Semifinal Loser = 3rd Place**

Office of the Schools Division
Superintendent

LIMBO ROCK

Objective: To pass under the horizontal bar by leaning backward without touching it or falling, while showcasing balance,flexibility, and fun competition among participants

Participants: 3 players per District/Team

Materials Needed: Limbo Stick

Rules:

- Players take turns attempting to pass under the stick.
- Players take turns attempting to pass under the stick.
- They must bend backward, keeping their backs facing the floor, and their feet as the only part of their body touching the ground.
- No part of the body (including hands, knees, or head) is allowed to touch the stick or the ground during the pass.
- If a player touches the stick or falls, they are eliminated.

Lowering the bar:

- After each round, the limbo stick is lowered by a set amount.
- The game continues with the lowered bar until only one player can successfully pass under it.

Winning the game:

- The last player to successfully pass under the lowered limbo stick is declared the winner.

Players/participants are advised to be on the playing venue 5 minutes before 1:00 p.m.
Failure to come/arrive in the playing venue at the given time will result to disqualification

Office of the Schools Division
Superintendent

AWARDING GUIDELINES

1. Categories of Awards
   - Champion- Highest points per game category
   - 1st runner up
   - 2nd runner up
2. Basis of Awards
   - Performance in the Laro ng Lahi
3. Prizes
   - Winners shall receive Certificates of Recognition/Special gifts
   - All Participants shall receive Certificate of Participation
4. Finality of Results
   - Decisions of the facilitators and the awarding committee are final and unappealable

All Participants must pre-register online through the link below on or before September 12,2025
Only pre-registered participants will be allowed to join the games.

https://docs.google.com/spreadsheets/d/1OK7636KFN516ZKBOZD_F6SJ18mokH-jT/edit?gid=441209008#gid=441209008