The Technical Rules per sport governing the 2015 MILO Little Olympics updated as of Jun 18, 2015
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I. **ARNIS**

The International rules and the MILO ground Rules in the Arnis – Anyo demonstration sport shall govern the conduct of this event in the Regional Milo Little Olympics. This event shall be done in the Regional Level Only.

I.1 Participants:

There shall be three (3) participants for both Elementary and Secondary Boys & Girls. As a demo sport, limited teams shall be accepted in this first endeavor.

**Composition**: Three (3) players who will qualify in the screening age requirements for both boys and girls elementary and secondary level.

I.2 Anyo Competition:

**Elementary (Boys/Girls Category)**

A. Individual ESPADA Y DAGA - 1 player per individual category
B. Team (Synchronized) Likha Anyo SOLO BASTON - 3 players per team category
C. Team (Synchronized) Likha Anyo DOUBLE BASTON - 3 players per team category

**Secondary (Boys and Girls category)**

A. Individual ESPADA Y DAGA - 1 player per individual category
B. Team (Synchronized) Likha Anyo SOLO BASTON - 3 players per team category
C. Team (Synchronized) Likha Anyo DOUBLE BASTON - 3 players per team category

I.3 Costume:

For the Anyo competition. It is required that the participating schools must use the the Arnis uniform (white t-shirt and red pants)

I.4 Weapons:

A player may have the option to choose any of the following weapons (with a minimum length of 24 inches and a maximum length of 36 inches.)

1. Wooden stick/yantok – The cane (stick) made of wood or rattan should measure not less than 60cm. (24 inches) and not more than 90cm. (36 inches.) with a diameter of 1.3 – 3.8cms

2. Wooden Replica of a Bladed Weapon – The wooden replica should measure not less than 60cm.(24 inches) and not more than 90cm. (36 inches) in full length and should be ethnic Filipino in origin.

3. Metallic Unbladed Replica of a Bladed Weapon – The metallic replica should measure not less than 60cm. (24 inches) and not more than 90cm. (36 inches) in full length and should be ethnic Filipino in origin.

4. Metallic Unbladed of a replica of a bladed sword and a dagger – The metallic replica of the sword should measures not less than 60cm. and not more than 90cm. in length and the dagger should measure not less than 20cm. and not more than 31cm.
I.5. Determining the Winner in Anyo competition

There shall be five (5) judges and the total score of the five (5) Judges shall be added to determine the score obtain the performer which will be added together.

I.6. Tie Breaking

In case of tie, the highest and the lowest score of the five (5) Judges shall be eliminated, hence, the score of the remaining three (3) judges shall be determined to break the tie.

In case of another Tie: Repeat performance

The ranking of participants is based from the net score obtained which is determined deducting all identified point deduction/s committed if any in accordance with the rules.

I.7. Conduct of the Tournament:

1. The conduct of the competition shall be one (1) round Anyo performance for both Secondary and Elementary level (boys/girls)
2. Each performance shall have a minimum of one (1) minute and a maximum time two (2) minutes. The official time shall start when the player/team gives the courtesy (Pugay) and it shall officially ended when the player/teams gives the courtesy (Pugay).
3. The Likha Anyo performance both in Secondary and Elementary level shall be on Arnis skills.
4. No acrobatic/fancy movement such as tumbling, back flip, somersault, cartwheel and other combative discipline skills will be incorporated during the performance of anyo.

PENALTIES AND VIOLATIONS

1. Violation of time limit shall cause the participant/s deduction of points. A deduction of two (2) points should be given for short of the minimum one (1) minute time or in excess of the maximum two (2) minutes time limit.
2. Stepping and/or going out of the boundary lines will cause the performer/s a deduction of two (2) points regardless of number of stepping violation.
3. Performers who accidentally loses grip of the weapon/s should be given a deduction five (5) points for every violation.
4. Failure to execute the standard pugay at the start/end of performance would measure (5) point’s deduction

OTHER MATTERS:

1. Official coaches/chaperons listed on the gallery are allowed to sit coaches designated chair for coaching, when his/her athletes where simultaneously in two (2) different court during the competition.
2. Official coaches must observe proper attire during the competition. No short pants, sando and slippers will be allowed.
3. Official coaches must observe proper decorum during the competition.
4. The Technical Committee shall decide on all other queries/issues not in the Ground rules.
5. Judgement calls cannot be protested.
II. ATHLETICS

The MILO Little Olympics shall include Athletics for Boys and Girls both in the Elementary and Secondary Division as a regular sport in the program. The event will be conducted at the __________________________ on ______________________.

1. EVENTS

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<td>Javelin Throw</td>
<td>Boys</td>
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Note:
1. All events are FINAL. Winners will be determined by best time.
2. The schedules are guides only.
3. High Jump will be held one after the other.
4. Other field events will be held as soon as another field event is finished.
5. Three (3) attempts in the field events during the regional clusters. Five (5) attempts in the National MILO Little Olympics.

2. SCORING SYSTEM: Refer to General Rules

3. ENTRIES

3.1. A player may compete in three (3) individual events and two (2) relays.

3.2. A team may enter two (2) players in each individual event and one (1) relay team.

4. COMPETITION RULES:

IAAF Rules will govern competitions unless ground rules are adopted.

4.1. Overlapped Rule will be applied in 3000m Run, and 5000m Run.

4.2. No change of entries except in Relays will be entertained after the deadline for submission of entries.
4.3. Team Championships will be determined by point system.

4.4. Protest can only be filed within thirty (30) minutes after the announcement of the event's final results.
II. BADMINTON

The MILO Little Olympics shall include Badminton for Boys and Girls both in the Elementary & Secondary Division as a regular sport in the program. The event will be conducted at the _____________________ on ______________.

1. ORGANIZATION

The Technical Committee/Technical Expert shall be responsible for the technical organization of the tournament. The decision of the committee in all matters regarding the tournament shall be final.

2. RULES

The competition shall be held in accordance with the current Laws and Regulations of the Badminton World Federation (BWF). However, in matters not provided for in the rules of the competition, decisions shall rest with the Technical Committee/Technical Expert.

Only the coach is allowed to approach the Match Control Referee with regards to questions and inquiries.

3. TOURNAMENT FORMAT

Team Tie Competition (Elementary/Secondary) B/G

The competition shall be run on a Single Elimination or Knock-Out System for both elementary and secondary levels during the regional competition. For the National Competition a Single Round Robin System will be implemented.

4. TEAM COMPOSITION, FIELDING OF PLAYERS AND EVENTS

A team/school may have a minimum of four (4) and a maximum of five (5) players. Mandatory fielding of four (4) players per tie are required.

Each tie shall consist of two (2) singles and one (1) doubles. The order of play shall be as follows: Singles-Doubles-Singles (SDS) for team events.

In case a team wins two (2) matches and the tie already decided, the remaining match will not be played.

Fifteen (15) minutes before the commencement of play of each tie, the coach shall submit the composition of his/her team to the match control official. No substitution shall be allowed under any circumstances after the tie has commenced.

In case a team/s fails to submit its fielding form on time, the Technical Expert will use the team’s strategy in the previous round.

5. SCORING

At the Regional level, a modified scoring system during the elimination and quarter finals 1 to 30 rally points will be played in all matches. Players will change ends at 16 points. Semi-finals and finals will adopt the regular scoring system (1 – 21 rally points), best of three (3) games.
During the National Finals, regular scoring system shall be implemented. (1 – 21 rally point system), best of three (3) games.

6. ELIGIBILITY

MILO LITTLE OLYMPICS Eligibility Rules shall apply.

7. WALK-OVERS

A fifteen (15) minute grace period on the scheduled tie shall be given, otherwise the absent team/player shall be declared the loser via walk-over.

8. COMPETITION UNIFORM

Participants must wear their team/school colors or must be in a prescribed Badminton Uniform.

9. UNFORSEEN EVENT

The decision of the Referee on any disputes during the competition shall be final.

In case the ongoing team tie’s/matches will be impossible to continue, such team’s tie’s/matches shall be continued on a later time/date from the point it was disrupted.

10. OTHERS

Seeding and draw lots will be discussed during the Solidarity Meeting
III. BASKETBALL

SPECIAL GUIDELINES AND GROUND RULES
The International Basketball Federation (FIBA) Rules – valid as of 1st October ’12 shall govern the Basketball competitions except for the amendments introduced and approved in these Special Guidelines and Ground Rules for the Elementary and Secondary level.

1. TEAM COMPOSITION
   1.1. A team shall be composed of not more than 12 officially registered team members and an official COACH, while a CHAPERON may be allowed (when the coach is of opposite gender with the players). Only the officially registered players and officials reflected in the Athlete’s Gallery are allowed to sit on the team bench.

2. COACH
   2.1. A team shall be headed by a responsible Coach. A team cannot play without the officially designated coach.

   2.2. Only the Coach shall be allowed to stay within the team bench area during official games. This area shall be identified by the Tournament Manager. It is the responsibility of the coach to maintain the number of team members at their own bench.

3. TIMING REGULATIONS
   3.1. For ELEMENTARY:
       3.1.1. The game shall consist of 4 periods of 8 minutes and 5 minutes for every extra period.

   3.2. For SECONDARY:
       3.2.1. The game shall be played in four quarters of ten (10) minutes each.

   3.3. For both:
       3.3.1. The intervals between periods, is one (1) minute while interval between halves is five (5) minutes.

   3.4. FORFETING TIME: Teams who fail to field five (5) eligible players after 5 minutes of their scheduled game time will forfeit the game in favor of their opponents.

4. PLAYERS’ PLAYING REGULATIONS
   4.1. For ELEMENTARY (Boys):
       4.1.1. All players (healthy and warm bodies present at the team bench) of the team shall be fielded before the end of the 2nd period or within the 1st Half. FAILURE of the Coach to field a player in the 1st Half shall be penalized with a Technical Foul (2 FT+ BP) charged to the Coach.

       4.1.2. All players shall play at least one (1) period BUT not more than three (3) periods and MUST be rested for one (1) period.

       4.1.3. If a Coach fielded a player for more than three (3) periods, the offending player shall be substituted and the coach shall be penalized with a Technical Foul (2 FT+BP).

       4.1.4. Normal substitution procedures shall apply in all periods. (Except when certain rule does not apply). A player may enter in a game as a substitute as many times as possible within that period and considered as having played only in that period/quarter.
4.1.5. One (1) time-out for every period shall be granted to each team for the first three (3) periods and two (2) time-outs shall be granted in the fourth (4th) period, and one (1) timeout for every extra period. Unused timeouts shall not be carried over to the next period. In the first three periods the Timeouts shall either be used or forfeited.

4.1.6. In case a team has an incomplete line-up during the scheduled game:
4.1.6.1. The 1st period shall always start with 5 players while the other periods may be played with the remaining members of the team.

4.1.6.2. A team with ONLY seven (7) players (physically present) at the start of the game shall be declared LOSER by FORFEIT.

4.1.7. EXEMPTIONS: IN CASE OF INJURY/DISQUALIFICATION:
4.1.7.1. (in the 1st/2nd Period) – an injured player may be substituted by any player, and as such said “substitute player and injured player” will be considered as having played in that particular period.

4.1.7.2. The “injured player” upon recovery may re-enter in the same period or may play in any period following Sec.1, Rule IV.

4.1.7.3. IMPORTANT: WHENEVER POSSIBLE AND IF THE RULES WILL ALLOW, EVERY PERIOD SHALL BE PLAYED ALWAYS WITH FIVE (5) PLAYERS.

4.2 For SECONDARY (Boys)
4.2.1 The official FIBA Rules shall apply.

5. IN CASE OF DISQUALIFICATION
5.1. A thrown-out player must leave the confines of the play area.

5.2. Players sent out of the game by the referees shall be suspended from their team’s next scheduled game and the suspension may be upgraded depending on the severity of their actions which shall be determined by the technical committee.

6. PLAYERS’/COACHES’ Conduct:
6.1. Any player/coach, who is penalized with a Disqualifying Foul and ejected because of FLAGRANTLY UNSPORTSMANLIKE ACTION/CONDUCT, shall be penalized accordingly PLUS an additional 1-game suspension/ total disqualification or banned from further participation, depending on the gravity of the offense. (As may be determined by the technical committee)

6.2. Uttering/shouting of obscene/foul language/bad words or verbal abuse from players/coaches to opponents/officials or teammates shall not be tolerated. Such act shall be dealt with a warning or a Technical Foul. The Coach shall be responsible for the DISCIPLINE and BEHAVIOUR of the followers, supporters and friends of the team.

6.3. Teams shall keep and leave their bench areas clean and orderly. Non-compliance shall be dealt with a Warning for the first offense, TECHNICAL FOUL for the second offense.

6.4. Coaches shall always confirm their next schedule of game with the Tournament Manager BEFORE leaving the playing venue/ or after their game.
7. GAMES DISRUPTION:
Games which are cancelled/disrupted/stopped due to “FORCE MAJEURE” or for any valid reason, will be treated in the following manner:

7.1. REMATCH – if the disruption of the game took place during the first half (1st and 2nd periods), game shall be replayed.

7.2. RESUMPTION – if the disruption of the game took place during the second half (3rd and 4th periods), the game shall be resumed with the remaining game time. All scores, fouls and disqualifications incurred before the disruption of the game shall continue to apply.

7.3. RESET – if a scheduled game was cancelled for a valid reason, the management will re-schedule the game at the bottom of all the schedules.

7.4. DURATION OF WAITING – in case of a power failure or any incident (rain or darkness) that may affect the progress of the game, the LENGTH of time to wait for the restoration of normalcy is 30 minutes or as may be allowed by the Tournament Manager.
III. CHESS

The MILO Little Olympics shall include Chess for Boys and Girls both in the Elementary & Secondary Division as a regular sport in the program. The event will be conducted at the ______________________ on ______________

1. ELIGIBILITY

The MILO LITTLE OLYMPICS Eligibility and General Rules shall be applied.

2. TOURNAMENT REGULATIONS

The general FIDE LAWS OF CHESS with adopted new rules for the Swiss System pairings, changes in scoring and tie-breaks implemented last 2008 shall be applied with their supplements and interpretations as laid down by the FIDE Rules Commission and specific regulations as prescribed by the Metropolitan Chess Club shall also be in force.

SYSTEM OF PLAY

The competition shall be divided into four (4): elementary boys, elementary girls, Secondaryboys, and Secondarygirls. Each team for boys shall comprise of four (4) regular players and 2 reserves, while each team for girls shall comprise of three (3) regular players and one (1) reserve

Each match between teams shall be played over four (4) boards.

The players shall be listed in a fixed board order: 1 – 5 for boys and girls. Their board order cannot be changed during the tournament. The penalty for every deviation from the correct sequence in any round is one (1) game point.

For the elementary (boys/girls) and Secondarygirls division, the contest shall apply the five-round Swiss System. For the Secondaryboys division, the seven-round Swiss System will be employed.

PAIRING RULES

For Swiss System new rules:

1. In the first, two “imaginary” match points shall be added, for pairing purposes only, to each of the teams in the top half of the initial list. That means for example in a MILO Little Olympics for Chess with 120 teams, the pairings for the first round will be 1 – 31, 2 – 32, 3 – 33... 29 – 59, 30 – 60, and then 61 – 91, 62 – 92, 63 – 93 etc. (instead of 1 – 61, 2 – 62, 3 – 63 etc. as in previous MILO Little Olympics).

2. In the second round, the winning teams in the bottom half will play with one another (i.e. 1 – 16, 2 -17, etc.), the losing teams in the bottom half will play with one another (i.e. 91 – 106, 92 – 107), while the losing teams in the top half will play against the winning teams in the bottom half (i.e. 31 – 61, 32 – 62, 33 – 63, etc.). The “imaginary” points shall be deducted before making the pairings for the third round.

3. The standing after each round, according to the new procedure, is also the basis for the pairings of each next round.
For **Round-Robin System** rules:

1. The drawing of lots for the first round shall be arranged by the technical expert and will be open to participating teams, visitors, and media.

2. The drawing of lots shall take place at three (3) hours before the start of the first round. All participants shall attend the ceremony of drawing of lots. A team who has not arrived on time for the drawing of lots may be included at the discretion of the technical expert/chief arbiter. The first round pairings shall be announced as soon as possible thereafter.

3. If a team withdraws, is excluded from a competition after the drawing of lots but before the beginning of the first round, if there are additional entries, then the announced pairings shall remain unaltered. Additional pairings or changes may be made at the discretion of the technical expert/chief arbiter.

4. in consultation with any teams directly involved, but only if these minimizes amendments to pairings which have already been announced.

5. The pairings for a round-robin shall use Berger tables, adjusted where necessary for double round events.

**RESTRICTED PAIRINGS**

Teams of the same federation or handle by the same coach, if possible, shall not meet in the last two rounds.

**START OF THE SESSION**

Ten (10) minutes before play, the Tournament Arbiter will announce the approaching start of the session by means of a sound system.

Once the announcement for the start of the round has been given, the clock of the player with white pieces shall be started by his opponent.

If the player of the black pieces is not present at the appointed time, his clock shall be started by the player with white, but with or without any move being made by the latter. Then, when the player of the black pieces arrives, he or she shall start his/her opponent’s clock and the latter shall make his move. If both, players are absent, white’s clock shall be started by the Assistant Arbiter.

**DEFAULTING TIME**

Fifteen (15) minutes after the announcement of the round.

**NEW CHANGES IN SCORING**

The final standing shall be determined by match points.

For boys, that means the winning team in each match (by game result of 2.5 – 1.5; 3 -1 or 4 – 0) gets two (2) match points while its opponent gets no points. In case of draw (game result of 2 – 2) each team gets one (1) match point.
For girls, game results of $2 - 1; 2.5 - 0.5$ or $3.0 - 0.0$, the winning team gets two (2) match points. In case of draw (game result of $1.5 - 1.5$) each team gets one (1) match point.

For a bye, the team gets half a point.

**RECORDING OF GAMES**

Recording of games, move by move, is mandatory UNTIL THE LAST FIVE (5) MINUTES ON EITHER CLOCK, and must be written legibly. The player must use the algebraic notation and he/she is not allowed to write his/her move in advance.

**TIME CONTROL**

The time control is 90 minutes play to finish.

3. **NEW CHANGES IN TIE BREAKING SYSTEM**

The position of teams that finish with the same number of match points shall be determined by the Sonnenborn-Berger (SB) system which is the sum of the match points of all opponents, excluding the opponent who scored the lowest number of points, while each opponent's match score is multiplied by the team's game result against this opponent. The idea behind this new rule is to combine, in the first procedure of the tie-breaking, both the strength of the opponents and the number of game points scored against each one of them. The more game points scored against stronger opponents, the better for the team. This way we also give the teams a substantial incentive to win as many game points as possible in each match and not to be satisfied with the minimal win of $2.5 - 1.5$ (for boys) or $2 - 1$ (girls). The exclusion of the weakest opponent is made in order to neutralize the effect of non played matches on the final results.

If the Sonnenborn-Berger (SB) does not break the tie, the next tie-breaking procedures are: (b= Buchholz) by the sum of the match scores of all the team's opponents, excluding the opponent who scored the lowest match points; and (c) by the sum of the game points scored.

3.1. **TOURNAMENT OFFICIALS**

________________________ shall be the Tournament Director and Chief Arbiter (CA). The Chief Arbiter’s decision on a point of law is FINAL.

3.2. **CONDUCT OF THE PLAYERS**

3.2.1. All the participants should be dressed in their school uniforms or P.E. uniforms.

3.2.2. A player is not allowed to use his/her cell phone while playing. A text or ring sound from his/her cell phone will mean forfeiture of his/her game.

3.2.3. A player is not allowed to speak with his/her teammates while his/her game is in progress. A player may speak only as permitted in the Laws of Chess and Tournament Regulations.

3.2.4. A player is not allowed to distract or annoy his/her opponent by creating noise.
3.2.5. A player is not allowed to make analysis of his/her game with his opponent after their match have been ended.

3.2.6. A player having the move is not allowed to leave the playing area. He must make his move first before leaving with the permission of the arbiter.

3.3. TEAM CAPTAIN’S ROLE, DUTIES, AND RESPONSIBILITIES

3.3.1. The role of a team captain is basically an administrative one during play. The team captain is required to deliver FIFTEEN (15) MINUTES before the start of a round, a written list naming the players in his team who will take part in each round. If the list is not delivered at the appointed time, the team may only use its regular players.

3.3.2. The team captain is required to sign and submit the results in the match at the end of the play in each round together with the score sheets of his players.

3.3.3. A captain has the right of access to the area reserved for his players, but it is his duty to ensure that the members of his team who are not involved in the current match or are through with their games, do not enter or remain in the said area.

3.3.4. A team captain is entitled to advise the players of his team to make or accept an offer of a draw or to resign a game. He should not give information/comment on the actual position on the chessboard which may be construed as opinion on the progress of the game. He/She may say to a player, “offer a draw”, “accept a draw”, or “resign the game”. For example, if asked by a player whether he should accept an offer of a draw, the captain should answer “yes”, “no”, or delegate the decision to the player himself.

3.3.5. Players are subject to the same prohibitions. Even though in a team competition there is a certain team loyalty, which goes beyond a player's individual game, a game of chess is basically a contest between two (2) players. Therefore, the player must have the final say over the conduct of his own game. Although the advice of the captain should weigh heavily with the player, the player is not absolutely compelled to accept that advice. Likewise, the captain cannot act on behalf of a player and his/her game without the knowledge and consent of the player.

3.3.6. All discussions for Articles 3.34 and 3.35 or exchange of information between captain and player shall take place in the presence of the arbiter.

3.3.7. A team captain should encourage his team always to follow the letter the spirit of Article 12 of the FIDE Laws of Chess concerning the conduct of players. Team championships, in particular, should be conducted in the spirit of highest sportsmanship.

3.4. SPECIFIC OFFENSES AND ILLEGAL MOVES

3.4.1. Making a move with his King remaining under checked;

3.4.2. Capturing the King;

3.4.3. Castling using two hands;

3.4.4. Pressing the clock without changing a promoted pawn into another piece of higher value;
3.4.5. Using unnecessary force in pressing the clock like use of pieces or the palm of the hand;

3.4.6. Hovering two hands over the board, as if one hand will be used in moving the piece and the other hand in pressing the clock; and

3.4.7. Pressing the clock without first rearranging the displaced piece/pieces in its correct square/squares during the course of the game,

PENALTIES SHALL BE PENALIZED AS follows:

FIRST and SECOND offenses – deduction of two (2) minutes to the offending player’s clock.

THIRD offense – game shall be declared lost to the offending player.

3.5. THE ROLE OF THE ARBITER

Preface of 1997 FIDE Laws:

The Laws of Chess cannot cover all possible situations that may arise during a game, nor can they regulate all administrative questions. Where cases are not precisely regulated by an Article of Laws, it should be possible to reach a correct decision by studying analogous situations which are discussed in the Laws. The Laws assume that arbiters have the necessary competence, sound judgement and absolute objectivity. Too detailed a rule might deprive the arbiter of his freedom of judgement and thus prevent him from finding the solution to a problem dictated by fairness, logic, and special factors. FIDE appeals to all chess players and federations to accept this view.

3.5.1. The arbiter shall see that the Laws of Chess are strictly observed.

3.5.2. The arbiter shall act in the best interest of the competition. He should ensure that a good playing environment is maintained and that the players are not disturbed. He shall supervise the progress of the competition.

3.5.3. The arbiter shall observe the games, especially when the players are short of time, enforce decisions he has made and impose penalties on players where appropriate.

3.5.4. Penalties open to the arbiter include:

3.5.4.1. Warning
3.5.4.2. Reducing the remaining time of the offending player,
3.5.4.3. Forfeiting the offending player’s game and
3.5.4.4. Expulsion of players from the event

3.5.5. The arbiter may award either or both players additional time in the event of external disturbance of the game.

3.5.6. The arbiter must not intervene in a game to indicate the number of moves made. The arbiter shall refrain from informing a player that his opponent has made a move, or that he has failed to press his clock.
3.5.7. Spectators and players in other games are not to speak about or otherwise interfere in a game. If necessary, the arbiter may expel offenders from the playing room.

3.6. AWARDS

3.6.1. TEAM

3.6.1.1. CHAMPION  Gold (one gold for each member of the team) + Coach
3.6.1.2. Runner-Up  Silver (one for each member) + Coach
3.6.1.3. Third Place  Bronze (one for each member) + Coach

3.6.2. INDIVIDUAL

Tie Breaks:

3.6.2.1. Percentage – Score/No. of games played
3.6.2.2. No. of games played
3.6.2.3. Winner over the other
3.6.2.4. Team overall standing

3.7. AWARDING CEREMONY

All players, coaches, and team captains shall take part in this ceremony.
IV. FOOTBALL

The MILO Little Olympics shall include Football for Boys in the Elementary & Secondary Division as a regular sport in the program. The event will be conducted at the ______________________ on ______________. The MILO Little Olympics Football Tournament shall be played with applicable rules of FIFA and PFF except as specifically modified by these rules.

1. REFEREE – The decision of the referee is final and non-appealable

2. BALLS – All matches will be played with the official leather balls.
   - Elementary: Size Four (4)
   - Secondary: Size Five (5)

3. PLAYING TIME - For the Elementary Division All games will be played with two (2) equal periods with 25 minutes per half. For the Secondary Division, all games will be played with two (2) equal periods with 30 minutes per half or at the discretion of the Technical Expert.

4. NUMBER OF PLAYERS – The Elementary Division will employ a “nine-a-side” football tournament, where each team may register a maximum of fifteen (15) players but only nine (9) can play at the same time. A minimum of seven (7) players is needed to start a game. A team with less than seven (7) players forfeit it’s game. No addition or change of players will be allowed after the team’s first official game.

The Secondary Division will employ the standard, “eleven-a-side” football tournament, where each team may register a maximum of fifteen (15) players but only eleven (11) can play at the same time. A minimum of nine (9) players is needed to start a game. A team with less than nine (9) players forfeit it’s game. No addition or change of players will be allowed after the team’s first official game.

4. SUBSTITUTION – Each team may use all its players during a game. IN and OUT substitutions are allowed. Substitutions will be made from the middle of the field with referee’s permission. The substitute only enters the field of play at the halfway line and during a stoppage in the match.

5. WAY OF COMPETITION – Single Elimination system will be applied for the Regional MLO and single round robin for the MLO National Finals.

6. PLAYERS ELIGIBILITY – COACHES are expected to check in at theSECRETARIAT prior to the tournament proper. Each Coach will be required to have in his/her possession the tournament roster. Based on the roster, only the players listed on the roster at check in will be allowed to play. Tournament roster should include BIRTH DATES of all players listed.

The MILO Little Olympics form/waiver must be signed and attached to the official roster. No team will be allowed to play without the Official Form. Coaches must have in their possession a copy of birth certificate or passport of all players registered in the official tournament roster. It must be available to the Tournament Committee at any time.

Any team using ineligible player(s) will be disqualified from the tournament. All games played and remaining games will be declared lost by forfeit (0-2).
V. GYMNASTICS

The MILO Little Olympics shall include Rhythmic Gymnastics for Elementary and Secondary Division as a regular sport in the program.

GROUND RULES

1.1 Only one (1) coach, or one (1) trainer and meet officials are allowed in the competition area. Team managers, parents, and other members of the delegation should stay in the spectators’ area.

1.2 Verification of scores can be done right after the score of the gymnast has been announced and should be done in writing signed by the coach. Only the start value or scores of Jury A can be verified.

1.3 Verification of scores with comparison to scores of other gymnast shall not be entertained.

1.4 Only the coach and the judges concerned plus the Tournament Manager are allowed to discuss score verifications. Non-members of the coaching staff are not allowed to join the discussion.

1.5 Any coach who acts in an unsportsmanlike behavior will be issued a yellow card and if he/she continues to act in the same manner, a red card will be given and the offending individual/s will be asked to leave the competition venue.

II. TECHNICAL RULES (Competition Proper)

There will be one (1) competition for each discipline. The score obtained by the gymnast will be for the individual event, individual all around, and team championship.

TEAM CHAMPIONSHIP

The team with the highest total scores obtained by the gymnast on each apparatus shall be declared winner.

In case of ties, there will be no breaking of ties but the next rank shall no longer be awarded. Ex. 1. Tie for 1st place; no second, third place to be awarded 2. Tie for 2nd place; no third place next rank is fourth

INDIVIDUAL ALL AROUND

All team members shall be ranked. The Gymnast with the highest total score on all the events, apparatus he/she has participated on shall be declared the champion.

If in any case a region will get the first three places in the Championship then they will be awarded with the gold, silver, and bronze.

In case of ties in the first three places, it shall be broken using the FIG Technical Regulations.
INDIVIDUAL EVENT FINALS

There shall be only 8 finalists per event with a maximum of 2 gymnasts from each team, plus 2 alternates. In case anyone of the eight (8) finalists is not able to participate, the next in rank shall take his/her place.

The gymnast who gets the highest score wins the event. In case of ties, the FIG Rule in breaking of tie shall be applied.

* Order of performances shall be determined by drawing of lots.

Competitions: Team Championships / Competition I
Individual All Around / Competition II
Apparatus Final / Competition III

Team Composition: 3 gymnasts / team, plus 1 reserve gymnast

RHYTHMIC GYMNASTICS (ELEMENTARY – SECONDARY)

I. GENERAL RULES
The Federacion Internationale de Gymnastique (FIG) Code of Points for RHYTHMIC GYMNASTICS 2013-2016, shall be used in the MILO Little Olympics. The Elementary level will adhere to the International Age Group Rules & Regulations and the Gymnastics Association of the Philippines (GAP) Rhythmic Gymnastics Age-Group Program 2013-2016, Pre-Junior Level 5-6 while the Secondary Level shall observe the FIG Junior International Rules & Regulations.

II. COMPETITION PROGRAM FOR INDIVIDUAL RHYTHMIC GYMNASTICS
The program for the individual gymnasts shall consist of four (4) exercises for each level:

**Elementary Level:**

<table>
<thead>
<tr>
<th>Year</th>
<th>Freehand</th>
<th>Ball</th>
<th>Clubs</th>
<th>Ribbon</th>
</tr>
</thead>
<tbody>
<tr>
<td>2013</td>
<td>FREEHAND</td>
<td>BALL</td>
<td>CLUBS</td>
<td>RIBBON</td>
</tr>
<tr>
<td>2014</td>
<td>FREEHAND</td>
<td>ROPE</td>
<td>HOOP</td>
<td>CLUBS</td>
</tr>
<tr>
<td>2015</td>
<td>FREEHAND</td>
<td>ROPE</td>
<td>HOOP</td>
<td>CLUBS</td>
</tr>
<tr>
<td>2016</td>
<td>FREEHAND</td>
<td>BALL</td>
<td>CLUBS</td>
<td>RIBBON</td>
</tr>
</tbody>
</table>

**Secondary Level:**

<table>
<thead>
<tr>
<th>Year</th>
<th>Hoop</th>
<th>Ball</th>
<th>Clubs</th>
<th>Ribbon</th>
</tr>
</thead>
<tbody>
<tr>
<td>2013-14</td>
<td>HOOP</td>
<td>BALL</td>
<td>CLUBS</td>
<td>RIBBON</td>
</tr>
<tr>
<td>2015-16</td>
<td>ROPE</td>
<td>HOOP</td>
<td>BALL</td>
<td>CLUBS</td>
</tr>
</tbody>
</table>

III. GENERALITIES
A. LENGTH OF EXERCISE
• Each exercise must run at least 75 secs and a maximum of 90 secs (1:15-1:30)
• The stopwatch will be started as soon as the gymnast begins to move and will be stopped as soon as the gymnast is totally motionless.

* Penalty:(Coordinator Judge) 0.05 point will be deducted for every missing/additional sec.
B. MUSIC
- Each gymnast must provide one (1) cassette/CD for each individual exercise. Music could be of one or several instruments including voice as instrument, with/without words (which is allowed in only 1 exercise), except when the FIG Technical Committee disallows its use.
- The coach must indicate whether the exercise is used with music, with voice/words on the D form.

* Penalty: (Difficulty Judge) 0.50 point deduction if more than one exercise is used with music with voice and words

- The cassette tape/CD should be marked with following information:
  - Name of gymnast
  - Three-letter initials or number of the team’s district/division/region
  - Symbol representing the apparatus
  - It is permitted to record a sound signal at the beginning of the music.
  - The recording shall be made only on 1 side of the tape or at the beginning of the CD

* Penalty (Coordinator Judge) 0.50 point deduction will be earned if any of the items above is not met.

C. DRESS/ATTIRE OF GYMNAST
- Leotard/unitard must be in non-transparent materials.
- The neckline of the front and back of the leotard must not be further than half of the sternum and no further than the lower line of the shoulder blades.
- Leotards may be with or without sleeves, but dance leotards with narrow sleeves are not allowed.
- The cut of the leotard at the top of the legs must not go beyond the fold of the crotch.
- The leotard must be skin tight to enable the judges to evaluate the correct position of every part of the body.

* Penalty: (Coordinator Judge) 0.30 point deduction if any of the above is violated.

D. APPARATUS
Although gymnasts are encouraged to use apparatus with standard dimensions set by the Federation Internationale de Gymnastique (FIG), the Gymnastics Association of the Philippines (GAP) Technical Committee, and the DEPED Palarong Pambansa, in consideration of the gymnasts’ physical and psychomotor level of development, would allow gymnasts to use apparatus with the following dimensions in ELEMENTARY level competitions:

- Rope length – based on the gymnasts’ height
- Hoop dimensions – 700 - 800 mm diameter, 300 g minimum
- Ball dimensions – 180 mm diameter, 300 g minimum
- Clubs dimensions - 400 – 500 mm (senior standard dimensions)
  - Weight: 150 g. min.
• Shape: Bottle shape
• Diameter of the head: 30 mm max.
• Elementary (pre-junior/elementary) gymnasts are allowed to use smaller than
  junior sized clubs (400-300 mm)

• Ribbon length – 4 metres in length, with 1 metre fold at the end attached to the stick. For SECONDARY level competitions, the use of apparatus which complies with the standard dimensions set by the FIG in Junior International competitions is required, including the ribbon length (which needs to be 5 metres long according to FIG Junior Regulations).

* Penalty: (Coordinator Judge) 0.50 pts for the use of non-conforming apparatus.

* Apparatus must be GAP approved for Elementary & FIG approved for Secondary

E. ENTRY
a) Each team shall compose of three gymnasts representing the entire level (eg. Elementary/Secondary)

b) Each gymnast has to perform the four (4) apparatus namely: HOOP, BALL, CLUBS and ROPE (in the secondary level while FREEHAND, ROPE, CLUBS and HOOP in the elementary level

IV. COMPETITION REQUIREMENTS FOR THE INDIVIDUAL EXERCISES

1. FOR ELEMENTARY LEVEL/ DIVISION

INTERNATIONAL AGE GROUP RULES AND REGULATIONS
TECHNICAL REQUIREMENTS

<table>
<thead>
<tr>
<th>APPARATUS DIFFICULTIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Difficulty(D) max. 7.0 points</td>
</tr>
<tr>
<td>1. Body difficulty (0.1 to 0.8)</td>
</tr>
<tr>
<td>a. Min. 1 ( \text{\wedge} ), 1 ( \bigcirc ), 1 ( \text{T} ) each</td>
</tr>
<tr>
<td>b. Min. 3; Max. 6 D</td>
</tr>
<tr>
<td>2. ( \text{S} \rightarrow ) minimum 1</td>
</tr>
<tr>
<td>3. ( \text{R} ), maximum 2</td>
</tr>
<tr>
<td>4. M no limit</td>
</tr>
</tbody>
</table>

• DIFFICULTY (D) – 7.0 point maximum

Difficulty from each group of body movement must be performed throughout the exercise (Minimum 1, maximum 3 from each group): Jumps/Leaps \( \text{\wedge} \), Balances \( \text{T} \), Rotations \( \bigcirc \).

The Difficulty elements \( \{D, S, \text{\wedge}, R, M\} \) must be written on the Official Difficulty (D) form in the order of their execution.

All the Difficulties declared on the Official D form must adhere to the maximum stated above.
Each Body Difficulty is counted, only once (either isolated or as a part of a Multiple Difficulty or Mixed Difficulty) and may not be repeated.

For Difficulties with Rotation (Pivots), the value of the Difficulty is calculated until the maximum point is reached.

Each Difficulty exceeding the 7.0 point maximum is null (0.00 point) and will not be subject to penalties.

* A body difficulty must be executed with a minimum of one (1) Fundamental Technical Element specific to each apparatus or an element of other Technical Apparatus groups during the isolated difficulty or during each component of a Multiple Rotation Difficulty and Mixed Difficulty

1.1.1. Routine WITHOUT APPARATUS

FREEHAND

<table>
<thead>
<tr>
<th>BODY MOVEMENT</th>
<th>SYMBOLS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arm Motion</td>
<td>🔄</td>
</tr>
<tr>
<td>Trunk Movement</td>
<td>🌀(direction)</td>
</tr>
<tr>
<td>• Include direction/plane within the parenthesis</td>
<td></td>
</tr>
<tr>
<td>Waves</td>
<td>🌀</td>
</tr>
<tr>
<td>Floor element</td>
<td></td>
</tr>
<tr>
<td>Travelling</td>
<td>. . . . .</td>
</tr>
</tbody>
</table>

1.2. EXECUTION (E) – 10.00pts Max
1.2.1. FREEHAND GENERAL NOTICE (Pre Junior/Elementary Level):

1.2.2. Arm Motions: 1 Set of arm motion consists of:
* 3 different medium (min 2) to full arm motions
* performed both arms (alternately, separately or simultaneously)

1.2.3. Dance Steps Combination:
* A minimum of 1 set of Arm Motion must be performed
* Show character of the music
* With partial or complete travelling

1.2.4. Movements of the Trunk: Large trunk movements must be performed in any plane.

1.2.5. Body Waves: Must be performed at least half of the body. Trunk movements are not counted as waves.

1.2.6. Elements on the Floor: Difficulties and/or pre acrobatic skills performed or passing on the floor are not counted as elements on the floor.

1.2.7. Dynamic Elements with Rotation (Pre-Acrobatic Elements) (R):

1.2.7.1. Maximum of 2 different pre-acrobatic elements (sets) may be included in an exercise.

1.2.7.2. A set must have a min. of 2 rotations, and max. of 3 rotations on any axis and is considered by F.I.G. as RG pre-acrobatic elements.

1.2.7.3. Each pre-acrobatic element could only be performed once, though a different technique may be employed with the same pre-acrobatic element which would render it different and valid.

1.2.7.4. <<Dive – Split leap – forward roll>> is considered as 2 elements of rotation, subject to F.I.G. rules.

1.2.7.5. All the conditions (unless ruled upon by GAP TC) established by the F.I.G.-RG Technical Committee, pertinent to Dynamic Elements w/Rotation will apply.

1.3. DISTRIBUTION AND CALCULATION OF SCORES

The final score for either of the age groups in the elementary level should not exceed a maximum of 17.0 points which is calculated by adding the following:

- Difficulty (D): average of 2 middle scores of 4 judges = 7.0 pts.max.
- Execution (E): average of the 3 middle scores of the 5 judges = 10.00 pts. max.

2. FOR SECONDARY LEVEL/ DIVISION

2.1 DIFFICULTY (D) – 8.00 point maximum
Difficulty from each body group must be performed in the exercise (Minimum 1, maximum 3 from each group of body movements): Jumps/Leaps \( \bigwedge \), Balances \( \bigcap \), Rotations \( \bigcirc \).

Value of each Body Difficulty Isolated, Multiple or Mixed): \textbf{1.00 point maximum} (All declarations must adhere to this cap.)

All difficulties will be evaluated at \textbf{1.00 pt maximum}.

\textbf{2.2 EXECUTION (E) – 10.00pts Max}

Execution of the Individual exercises consist of:

- Artistic Faults
- Technical Faults

\textbf{2.3 DISTRIBUTION AND CALCULATION OF SCORES}

The final score - 18.0 point maximum is calculated by adding the following:

- Difficulty (D): average of the 2 middle scores of 4 judges = 8.00 pts. max.
- Execution (E): average of the 3 middle scores of the 5 judges = 10.00 point maximum

\textbf{General Notes: Applicable for both Elementary and Secondary Levels}

- Each gymnast must submit in advance (during the solidarity meeting or at least 24 hours before competition) the official Difficulty form for each exercise, where the Difficulty elements \((D, S, R, M)\) must be written in the order of their execution. Otherwise, the gymnast can still participate in the competition but will automatically merit 0.00pts for Difficulty.
- Each gymnast must submit 5 copies of the Execution Judges’ forms (for each exercise).
- The general Difficulty norms for individual senior exercises are also valid for junior individual exercises.
VI. KARATE (Individual Kumite)

The International rules and the MLO ground rules in the Karatedo Demonstration Sport shall govern the conduct of this event in the Regional Milo Little Olympics. This event shall be done in the Regional Level Only.

Competition rules of the World Karate Federation (WKF) (see website) will apply with the following modifications:

I. Events: (Individual Kumite Events)

<table>
<thead>
<tr>
<th>BOYS</th>
<th>GIRLS</th>
<th>CUTOFF YEAR</th>
</tr>
</thead>
<tbody>
<tr>
<td>8-9 years old</td>
<td>8-9 years old</td>
<td>2006 - 2007</td>
</tr>
<tr>
<td>10-11 years old</td>
<td>10-11 years old</td>
<td>2004 - 2005</td>
</tr>
<tr>
<td>12-13 years old</td>
<td>12-13 years old</td>
<td>2002 - 2003</td>
</tr>
<tr>
<td>14-15 years old (-57kg)</td>
<td>14-15 years old (-47kg)</td>
<td>2000 - 2001</td>
</tr>
<tr>
<td>14-15 years old (+57kg)</td>
<td>14-15 years old (+47kg)</td>
<td>2000 - 2001</td>
</tr>
<tr>
<td>16-17 years old (-61kg)</td>
<td>16-17 years old (-53kg)</td>
<td>1999 - 1998</td>
</tr>
<tr>
<td>16-17 years old (+61kg)</td>
<td>16-17 years old (+53kg)</td>
<td>1999 - 1998</td>
</tr>
</tbody>
</table>

II. Competition Area:

8 meters x 8 meters + 1 meter safety area all sides

III. Protective Gear:

Mouth guard, red and blue gloves, red and blue belts, red and blue shin guards with instep are required.

Note: Protective gear must be approved by organizing committee for safety.

IV. Duration of Bouts:

Bouts will be one (1) round per match.
- 8-9 years old, 10-11 years old, 12-13 years old: 1.5 minutes per bout.
- 14-15 years old & 16-17 years old: 2 minutes per bout.

V. Contact:

Points may be scored to the face, neck and head area but no contact is allowed. However, for 16-17 years old, slight touch (skin touch) for jodan geri (kick) may still score

Note: Duration of bout means fighting time and does not include stopped time.

VI. OFFICIAL WEIGH-IN

Weigh-ins shall be conducted prior to the event. All participants must accomplish the attached waiver.
# MILO LITTLE OLYMPICS
## CONTESTANT’S APPLICATION FORM & WAIVER

<table>
<thead>
<tr>
<th>Name:</th>
<th>Tel. No.:</th>
<th>TO BE FILLED UP BY WEIGH-IN OFFICIALS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>DIVISION:</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>School:</th>
<th></th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Belt Degree:</th>
<th>Age</th>
<th>Category:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Gender: [ ] Male [ ] Female</th>
<th>Birthday:</th>
</tr>
</thead>
</table>

**Instructions:**
1. For contestants in the Grade School and Secondary Divisions please attach a clear, unaltered copy of your birth certificate or baptismal certificate. Contestants agree to be bound by the competition rules and regulations. Penalties shall be imposed in violating the said rules.

**CERTIFICATION AND WAIVER**
1. I certify that the above information is true and correct.
2. I do hereby waive and release any and all rights and claims for damages against the competition officials, their respective agents, or any facility for this document, for any and all injuries which maybe sustained in the course of the tournament.
VII. SEPAK TAKRAW (ELEMENTARY / SECONDARY)

The MILO Little Olympics shall include Sepak Takraw for boys in the Elementary and Secondary Division as a regular sport in the program.

RULES

Only Asian Sepak Takraw Federation (ASTAF) and International Sepak Takraw Federation (ISTAF) rules shall be followed.

1. THE PLAYERS - A team shall be composed of four (4) players.

   A MATCH IS PLAYED BY ONE REGU, each consisting of three (3) players. Two (2) of the three (3) players shall be in front, one on the left and the other on the right. The player on the left is called a “Left Inside” and the player on the right is called a “Right Inside”.

2. PLAYERS ATTIRE

   The male players must wear jerseys and sport shoes with rubber soles. The entire apparel of a player is regarded as part of his body. All jerseys should be tucked in. It is forbidden for players to wear anything that endangers the opponent during the game. In case of cold weather, the players are permitted to use tracksuits.

   All jerseys are to be numbered at the back and front. A player must be assigned with one permanent number throughout the tournament. The captain of each Regu shall wear an armband on the left arm.

   Height of the net:
   Elementary: 1.42 meters
   Secondary: 1.52 meters

   Height of the post:
   Elementary: 1.45 meters
   Secondary: 1.55 meters

   Service Area:
   Elementary: 4.0 meters from the center line
   Secondary: 4.25 meters from the center line

3. WAY OF COMPETITION

   Single Elimination System will be applied in the MLO Regional Competition and Single Round Robin in the MLO National Competition.

4. SCORING SYSTEM

   When either serving side or receiving side commits a fault, a point, including the next service is rewarded to the opposing side. The game is played in 2 out of 3 sets with, 2-minutes rest in between.

   Point System for Elementary and Secondary

   The winning point for a set is 21 points, unless the point is tied at 20 – 20, at which point the referee announces “Setting up to 25 points”.

   Before the 3rd set takes place, the teams change sides. The change of sides takes place when one “Regu” reaches 11 points.
VIII. SCRABBLE

The MILO Little Olympics shall include Scrabble both in the Elementary and the Secondary Division as a regular sport in the program.

TOURNAMENT RULES AND REGULATIONS

1. The tournament is open to all participating schools in the Elementary and Secondary Levels of the MILO Little Olympics.
   
   This event is a team competition with 4 regular board players plus 1 reserve player (optional). Players may be all-boys, or all-girls, or mix-boys and girls.

2. Tournament Format
   
   Six (6) rounds per day for two (2) days or a total of 12 rounds with cumulative scoring. During these 12 rounds, no team will be eliminated, win or lose. Based on the ranking of these first 12 rounds, the Top 4 teams will then advance to a single round robin on the third day for the Championship play-off.

3. Schedule of Games
   
   The elementary and the secondary teams will play their games simultaneously BUT in separate divisions.

4. Defaulting Time
   
   In the absence of Scrabble timer, default time is fifteen (15) minutes after the Tournament Manager has signaled the start of the game. A team is deemed to have arrived when at least one player has taken position at the proper board station and is ready to play.

5. Tie-breakers
   
   A tie in win points shall be resolved by spread points. Should the tie remain, then it shall be resolved by game scores.

6. Official Line-up
   
   Players are assigned permanently from boards 1 to 4 as regular board players and as reserve players. A player cannot play lower than his/her assigned board but he/she can play in higher boards without overlapping teammates.

7. Substitution of players in the right order. When making a substitution of players in a given round, all players must move up in their board assignment and the reserve players will fill-in at the bottom boards.
   
   It is important that the coach should know the original board assignments of his/her players at all times for proper fielding of players in every round of play.

   If the coach decides to make a substitution, then he/she must fill up a slip of paper with all the names of the players who will play for the present game round and submit to the arbiter’s table at least five (5) minutes before the round starts. If a player is found out playing not in the right order, then the penalty is equivalent to a default loss of that player.
8. At each round when two players are matched, the player with the least number of “first” shall start the game, except in Round 1 when the right of first move shall be decided by draw of tile. A regular TOTAL game time of one (1) hour shall be given to the matched players.

AFTER one (1) hour of play and BEFORE both players are each given a last single move, two (2) minutes shall be given to even up the number of moves between the two players IN CASE one player is ahead in number of moves. The last single move shall be timed at two (2) minutes per player after which, the value of any remaining tiles on the rack is deducted from the player’s respective score.

9. Scoring

<table>
<thead>
<tr>
<th>Result</th>
<th>Points</th>
<th>Spread</th>
</tr>
</thead>
<tbody>
<tr>
<td>Win</td>
<td>1 point &amp; actual positive spread</td>
<td></td>
</tr>
<tr>
<td>Draw</td>
<td>½ point &amp; 0 spread</td>
<td></td>
</tr>
<tr>
<td>Loss</td>
<td>0 point &amp; actual minus spread</td>
<td></td>
</tr>
<tr>
<td>Default Win</td>
<td>1 point &amp; +75 spread</td>
<td></td>
</tr>
<tr>
<td>Default Loss</td>
<td>0 point &amp; -75 spread</td>
<td></td>
</tr>
</tbody>
</table>

No “bye” shall be given when a team has no opponent due to odd number of participating teams. Standby players shall be on hand to even out the number of teams. The game result shall be on the tournament record for the participating team but not for the standby team.

10. Word Challenge

Collins Official Scrabble Words 2015 (3rd Edition) is the reference for word challenges. Single challenge rule shall apply, that is, a player does not lose a turn for challenging acceptable word(s) but the player whose acceptable word(s) were challenged, gets a bonus of five (5) points per word. However, if the word(s) challenged are not acceptable, the player takes back his/her tiles and scores zero for that turn.

11. In all aspects other than those specified in this document, the World English-Language Scrabble Players Association (WESPA) Tournament Rules (Version 2) shall govern the tournament.

12. The decision of the Tournament Manager on the technical aspects of the game is final.

Recognition Awards for Scrabble

Based on the First 12 rounds among all participating teams of the tournament, the following individual achievements will be recognized:

- Best Board 1 Player
- High Game Score
- High Move Score
- Most Number of Bingos

Based on the Final 3 rounds (Championship play-off) among the Top 4 Teams, the same individual achievements as specified above will be recognized. If the best board 1 player of the first 12 rounds and the final 3 rounds are the same person, he/she shall further be given honor as TOP SCRABBLE PLAYER of the 2015 MILO LITTLE OLYMPICS.
IMPORTANT GUIDELINES FOR STRICT COMPLIANCE

Each team shall bring at least two (2) Scrabble sets with complete number of tiles (100) and correct distribution of letters and with non-see through tile bags. NO SCRABBLE SET = NO PLAY = DEFAULT LOSS.

The coach must always be present during the games. He/she should be responsible for taking care of the needs of the team, making sure that no player is late or absent for the games and that the team tally sheets are correctly accomplished and immediately submitted to the Tournament Manager.

No player shall use electronic devices and gadgets during the games without the consent of the Tournament Manager. However, a calculator may be allowed for scoring purposes. The calculator must be checked by the Tournament Manager before the games to avoid any misunderstandings.
IX. SWIMMING

The MILO Little Olympics shall include Swimming for Boys and Girls both in the Elementary and Secondary Division as a regular sport in the program.

1. Events for Elementary Boys/Girls

   1.1 200 LC Meter Freestyle
   1.2 100 LC Meter Backstroke
   1.3 50 LC Meter Butterfly
   1.4 200 LC Meter Medley Relay
   1.5 50 LC Meter Breaststroke
   1.6 100 LC Meter Freestyle
   1.7 400 LC Meter Medley Relay
   1.8 400 LC Meter Freestyle
   1.9 50 LC Meter Backstroke
   1.10 100 LC Meter Butterfly
   1.11 200 LC Meter Freestyle Relay
   1.12 50 LC Meter Freestyle
   1.13 200 LC Meter Individual Medley
   1.14 100 LC Meter Breaststroke
   1.15 400 LC Meter Freestyle Relay

2. Events for Secondary Boys/Girls

   2.1 400 LC Meter Freestyle
   2.2 100 LC Meter Backstroke
   2.3 200 LC Meter Butterfly
   2.4 200 LC Meter Medley Relay
   2.5 200 LC Meter Breaststroke
   2.6 100 LC Meter Freestyle
   2.7 400 LC Meter Medley Relay
   2.8 800 LC Meter Freestyle
   2.9 200 LC Meter Backstroke
   2.10 100 LC Meter Butterfly
   2.11 200 LC Meter Freestyle Relay
   2.12 200 LC Meter Freestyle
   2.13 200 LC Meter Individual Medley
   2.14 100 LC Meter Breaststroke
   2.15 400 LC Meter Freestyle Relay

Note:
1. Only two (2) entries are allowed per event per school
2. Entries must accompany the latest, best time of the swimmer
3. All heats timed are final
4. There is no limit as to the number of events a swimmer can swim
5. Late entries will not be accepted
6. Deadline of submission of entries will be on ____________________
X. TABLE TENNIS

The MILO Little Olympics shall include Table Tennis for Boys and Girls both in the Elementary and Secondary Division as a regular sport in the program. The event shall be conducted in accordance with the recent International Table Tennis Federation (ITTF) Laws of Table Tennis and the Regulations for International as modified by and/or supplemented in the guidelines.

1. COMPETITION FORMAT

   a. A team is composed of a minimum of 4 players and maximum of 5 per school team. Mandatory fielding of four (4) players per tie are required.

   b. All matches shall be in the best of five (5) games.

   c. Entries of all events shall be drawn and played on a round robin format by brackets. The second round will either be knock-out format or cross-over semi-finals depending on the number of qualifiers.

2. The colored-white or orange 3 stars (40mm) of any brand shall be the official ball in use.

3. A game shall be won by the player or pair first scoring eleven (11) points unless both players or pairs scores ten (10) points, when the game shall be won by the player or pair scoring subsequently two (2) points more than the opposing player or pair.

4. Playing attire shall be short-sleeved shirt and shorts or skirt, socks and playing shoes.

5. DEFAULT. At the call of the Referee or his/her assigned deputy, called players must immediately proceed to their assigned match area (table number 1, 2, 3, or Called player/s who are absent or who are not within their assigned match area five (5) minutes after the final call, shall be considered in default. Participants/players are enjoined to stay at a clear audible distance from the referees loud speaker for announcements and match calls. No grace period for late comers shall be considered.

6. One (1) minute time-out each per match shall be allowed to opposing individuals which may be decided by either pair (in doubles match), player or coach.

7. The technical expert reserves the right to resolve these Guidelines and the Schedule of matches in the event of any unforeseen or unexpected occurrences.
XI. TAEKWONDO

The MILO Little Olympics shall include Taekwondo for Boys and Girls both in the Elementary and Secondary Division as a regular sport in the program.

1. SCHEDULE OF ACTIVITIES

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Place</th>
</tr>
</thead>
<tbody>
<tr>
<td>WEIGH-IN &amp; REGISTRATION</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>LAST DAY FOR WEIGH-IN</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>LAST DAY FOR SUBMISSION OF DOCUMENTS FOR PROVINCIAL CHAPTERS</td>
<td>Date</td>
<td>Time</td>
<td>Place</td>
</tr>
<tr>
<td>VERIFICATION FOR PROVINCIAL CHAPTERS</td>
<td>Date</td>
<td>Time</td>
<td>Place</td>
</tr>
<tr>
<td>ROLL CALL &amp; CHECK-IN OF PLAYERS</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>COMPETITION PROPER</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

2. SCOPE OF COMPETITION

A. The Taekwondo event shall be participated in by schools, which have been invited by the MILO Little Olympics Organizing Committee.

B. There shall be two (2) levels, namely:
   1. Elementary Level: Boys Category and Girls Category
   2. Secondary Level: Boys Category and Girls Category

3. ELIGIBILITY AND QUALIFICATIONS

A. Contestants must be bonafide students of the school they are representing and must follow the Eligibility and General Rules.

B. Participants shall compete wearing the official Taekwondo uniform (dobok). Participants shall provide their own official equipment. (see Article 8)
4. ELEMENTARY AGE GROUPS & SECONDARY DIVISION:

A. The elementary level shall have a separate category for boys and girls. Only those in the advanced category shall be allowed to participate. This level shall have the following height categories:

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>BOYS</th>
<th>GIRLS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Over 120 cm to 128 cm</td>
<td>Not over 10 years old</td>
<td>Not over 10 years old</td>
</tr>
<tr>
<td>2. Over 129 cm to 136 cm</td>
<td>Not over 11 years old</td>
<td>Not over 11 years old</td>
</tr>
<tr>
<td>3. Over 136 cm to 144 cm</td>
<td>Not over 12 years old</td>
<td>Not over 12 years old</td>
</tr>
<tr>
<td>4. Over 144 cm to 152 cm</td>
<td>Not over 12 years old</td>
<td>Not over 12 years old</td>
</tr>
<tr>
<td>5. Over 152 cm to 160 cm</td>
<td>Not over 12 years old</td>
<td>Not over 12 years old</td>
</tr>
<tr>
<td>6. Over 160 cm to 168 cm</td>
<td>Not over 12 years old</td>
<td>Not over 12 years old</td>
</tr>
</tbody>
</table>

B. The Secondary level category shall have a separate category for boys and girls. Only those in the advanced category will be allowed to participate. This category shall have the following weight divisions:

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>SECONDARY BOYS</th>
<th>SECONDARY GIRLS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fin</td>
<td>Not exceeding 45 kg</td>
<td>Not exceeding 42 kg</td>
</tr>
<tr>
<td>Fly</td>
<td>Over 45 kg to 48 kg</td>
<td>Over 42 kg to 44 kg</td>
</tr>
<tr>
<td>Bantam</td>
<td>Over 48 kg to 51 kg</td>
<td>Over 44 kg to 46 kg</td>
</tr>
<tr>
<td>Feather</td>
<td>Over 51 kg to 55 kg</td>
<td>Over 46 kg to 49 kg</td>
</tr>
<tr>
<td>Light</td>
<td>Over 55 kg to 59 kg</td>
<td>Over 49 kg to 52 kg</td>
</tr>
<tr>
<td>Welter</td>
<td>Over 59 kg to 63 kg</td>
<td>Over 52 kg to 55 kg</td>
</tr>
<tr>
<td>Middle</td>
<td>Over 63 kg to 70 kg</td>
<td>Over 55 kg to 60 kg</td>
</tr>
<tr>
<td>Heavy</td>
<td>Over 70 kg</td>
<td>Over 60 kg</td>
</tr>
</tbody>
</table>

C. In cases where there are too few participants in certain divisions, the Tournament Chairman may merge adjacent divisions.

5. TIME LIMIT OF MATCHES (Regional Finals only)

Elementary level matches until the final stage shall be 2 rounds of 1 ½ minutes. Secondary level matches until the final stage shall be two (2) rounds of 1 ½ minutes. There shall be 30 seconds rest between rounds for all matches.

For the National Finals of the MILO Little Olympics – Matches shall be three (3) rounds of two (2) minutes per round for both Elementary and Secondary levels.
6. PROTESTS, ARBITRATION, AND PENALTIES

Protests shall be made in writing using the Protest Form. A protest fee of Php 5,000.00 is required. The protest shall be submitted immediately to the Tournament Chairman after the match in question.

7. REGISTRATION REQUIREMENTS

A. DOCUMENT FOLDERS:

Schools must submit documents fastened in one short folder per category.

LIST OF CATEGORIES:
1. Elementary Boys
2. Elementary Girls
3. Secondary Boys
4. Secondary Girls

B. COMPETITION DOCUMENTS:

Each category folder shall contain the following documents:

1. Official Registration Form, one per school (blank form attached)
2. Master List of Athletes, one per category (blank form attached)
3. Contestant’s Application Form and Waiver (blank form attached)

Documents submitted without folders shall not be accepted. The folder cover must be properly labeled with the school name. These documents must be submitted not later than _________________. Disarranged and / or incomplete documents shall not be accepted.

C. Applicable registration fee shall be paid for each team category entered.

8. GENERAL PROVISIONS

A. Contestants shall provide their own competition equipment (head protector, body protector, groin guard, arm and shin guards).

B. UNIFORM: Contestants shall use an official Taekwondo uniform (dobok).

C. Contestants failing to respond after being called 3 times for inspection shall be defaulted.

D. It is the discretion of the organizing committee to merge categories if there are less than five (5) contestants in a specific category.

9. COORDINATING CENTER AND TECHNICAL EXPERT

The coordinating center for the Taekwondo event shall be at the ___________________________. The Overall Technical Expert for the Taekwondo event of the MILO Little Olympics is __________________________.
MILO LITTLE OLYMPICS
CONTESTANT’S APPLICATION FORM & WAIVER

| Name:          | Tel. No.:          | TO BE FILLED UP BY
|               |                   | WEIGH-IN OFFICIALS |
|               |                   | DIVISION:          |
| School:       |                   |                   |
| Belt Degree:  | Age               | Category:          |
| Gender:       | Birthday:         |                   |
| [ ] Male    | [ ] Female        |                   |

Instructions:
2. For contestants in the Grade School and Secondary Divisions please attach a clear, unaltered copy of your birth certificate or baptismal certificate. Contestants agree to be bound by the competition rules and regulations. Penalties shall be imposed in violating the said rules.

CERTIFICATION AND WAIVER
3. I certify that the above information is true and correct.
4. I do hereby waive and release any and all rights and claims for damages against the competition officials, their respective agents, or any facility for this document, for any and all injuries which may be sustained in the course of the tournament.
VI. TENNIS

The MILO Little Olympics shall include Lawn Tennis for Boys and Girls both in the Elementary and Secondary Division as a regular sport in the program. The event will be conducted at the _______________________ on ____________________.

TOURNAMENT FORMAT

1. The team tennis format event is open to all schools for elementary and Secondary students.

2. The categories are as follows:
   2.1 Elementary team event for Boys and Girls
   2.2 Secondary team event for Boys and Girls

3. The sequence are as follows:
   • Singles
   • Doubles
   • Singles

4. Knock-out format will be applied in all categories during the regional competition while National Competition will follow the single round robin system.

5. Scoring system will be straight 8-games with tie-break at 7-all (7/12 points) in the elementary and Secondary levels. The Tournament Referee may change the scoring system should the need arises.

6. A team is composed of a minimum of 4 players and maximum of 5 per school team. Mandatory fielding of four (4) players per tie are required.

7. Coaches or team captains can only submit Entry Forms with names of players who are physically present. The 15-minute grace period will be imposed.

8. School teams with only 3 players automatically forfeit the match.

9. Prizes will be gold medal for champion; silver for runner-up; and bronze medals for the losing semifinalists.

10. Only physically present players can be entered in the Official Entry Form. Once the Tournament Referee makes the call for the particular tie, both coaches/team captains must submit the Official Entry Form within 5 minutes.
XII. VOLLEYBALL

The MILO Little Olympics shall include Volleyball for Boys and Girls both in the Elementary and Secondary Division as a regular sport in the program. The event will be conducted at the __________________________ on ______________________________.

1. TEAM COMPOSITION
   Each team shall composed of the following:
   • One (1) Coach
   • Twelve (12) Players including two liberos

   The designation of the team officials of each participating institution must be identified on the list submitted to the MILO Little Olympics Secretariat.

   Only those players and team officials whose names appear in the entry list will be allowed to sit on the Players Bench.

2. GENERAL RULES


3. MODE OF TOURNAMENT

   In the regional level, knock out system will be applied. In the National competition, the single round robin system of tournament shall apply.

   The Rally Point System shall apply, 1 – 25 points in all sets. In case of a 24 – 24 score a team with two (2) points advantage shall win the set. Should there be a deciding set or final set, the change court shall be at 13 points.

   3.1. Matches in Elementary Division shall be played in 2 out of 3 sets in all matches. The Rally Point System (1 – 25) in all sets shall apply. Should there be a deciding or final set, the change court shall be at 13 points.

   3.2. Matches in Secondary Division shall be played in 2 out of 3 sets during the preliminary round, 3 out of 5 sets in the finals. The Rally Point System (1 – 25) in all sets shall apply. Should there be a deciding or final set, rally point system shall be from one (1) to fifteen (15) points. In case of a tie, 14 – 14, the team with two (2) points advantage shall win the set. The change court shall be at 8 points.

4. DEFAULT/FORFEITURE

   If a team declares its game in default, voluntary forfeiture and/or walks out before or during the match entails its exclusion from the championship round. All its game results shall be nullified; the opponent’s team shall be declared winner of the match. This rule applies starting from the preliminary up to championship round.

5. CONDUCT OF THE TOURNAMENT

   To elevate the standard of the MILO Little Olympics Volleyball competition, the Championship shall be officiated/conducted by Referees with National or International Accreditation.

6. OFFICIAL VOLLEYBALL RULES, BALLS, AND UNIFORM
The competition shall be played in accordance with the FIVB Rules 2009 – 2015 edition. All necessary interpretations will be made before the competition, i.e. during the Solidarity Meeting.

The Organizer shall decide the brand of the Ball to be used as the “Official Ball”.

7. UNIFORM

The Uniform must be numbered from 1 – 18 only. Players with uniform numbers 01 – 09 and beyond will not be allowed to play until after the number follows the FIVB uniform requirement. The players number (1 – 18) registered on the 0 – 2 – bis form must be the same number on the uniform which shall be used until the end of the tournament.

The officials on the bench must wear a polo shirt or t-shirt with collar; leather or rubber shoes with socks. Team officials who are in short pants and/or in slippers will not be allowed to sit on the player's bench.

8. MISCONDUCT AND SANCTIONS DURING COMPETITION

Participants must refrain from actions or attitudes aimed at influencing the decision of the referee or covering up faults committed by the team. All forms of misconduct during competition shall be subject to sanction in accordance with the sanction scale.

Sanctions to the erring players will be adopted. The sanction can be either:

<table>
<thead>
<tr>
<th>Card to show</th>
<th>Effect</th>
<th>Consequence</th>
</tr>
</thead>
<tbody>
<tr>
<td>&gt; verbal warning</td>
<td>warning</td>
<td>no point</td>
</tr>
<tr>
<td>&gt; yellow card</td>
<td>penalty</td>
<td>one point</td>
</tr>
<tr>
<td>&gt; red card</td>
<td>expulsion</td>
<td>no point</td>
</tr>
<tr>
<td>&gt; yellow and red card (joint)</td>
<td>disqualification</td>
<td>no point</td>
</tr>
</tbody>
</table>

9. THREE BALL SYSTEM

The 3-ball system of tournament shall be adopted.

10. AWARDS

Each member of the winning teams shall be awarded their respective gold, silver, and bronze medals to be awarded by the organizer to the teams ranked 1st, 2nd, and 3rd placers. Certificates of participation shall be awarded to other participating teams.

11. PROTEST/COMPLAINTS

Refer to the General Rules

12. PROTOCOL

The Asian Volleyball Confederation (AVC) protocol shall be adopted during the preliminary games and the World Grand Prix Protocol during the championship matches.

All team officials and players must be within the vicinity of the volleyball court forty five (45) minutes prior to the scheduled game. Fifteen (15) minutes prior to the match, the 1st and 2nd Referee shall conduct the toss coin and other game proceedings. Game shall start as scheduled.

At the end of the match, the team captain thanks the referees and signs the score sheet to ratify the outcome.
XIII. FINAL REMINDERS

THE SOLIDARITY MEETING AND SCHEDULE OF GAMES

The Solidarity Meeting of Coaches and Referees will be held one (1) week before the tournament starts or as scheduled by the Organizer. It is imperative that coaches or its duly authorized representative attend this meeting. Rules of the games to be adopted in the MILO Little Olympics will be cleared. The Tournament Director shall prepare the match’s calendar and distribute this to all participants through the MILO Little Olympics Secretariat.

UNFORSEEN ITEMS

Any Technical matters not mentioned in these regulations shall be referred to the Technical Experts/Regional Organizers. Any changes in the Technical Rules may be made upon the discretion of the National Organizing Committee.