

COMPETITION REGULATION OF INTERNATIONAL PENCAK SILAT FEDERATION

Prepared by: Tuah Bin Hashim

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- International Pencak Silat Competition is held based on principles
 of brotherhood and in the spirit of noble qualities by using
 elements of self defense, art and sports and by highly honoring the
 IKRAR PESILAT (PESILAT PLEDGE).
- The competition is carried out in accordance with the category stipulations which are specified in the competition regulation and conducted by legitimate competition organizer.
- Pencak Silat Competition categories consist of:
- 1. TANDING (Match) Category
- 2. TUNGGAL (Single) Category
- 3. GANDA (Double) Category
- 4. REGU (Team) Category

+ Chapter 1: Competition Regulations

- Article 1: Definition of Each Category
- TANDING (Match) Category: Pencak Silat competition category which presents a match between 2 pesilat (contestants) from different teams. Both contestants confront each other using defense and attack elements i.e. repulse, oddge, hit, attack at the target and drop the opponent; using tactics and techniques; maintaining stamina and flighting spirit; applying principles by demonstrating the richness of jurus techniques, in order to score the most.
- TUNGGAL (Single) Category: Pencak Silat competition category in which a Pesilat (one contestant) performs Jurus Baku Tunggal (single jurus) skill in a proper, accurate and stable manner with soulfulness, bare-handedly and armed.
- GANDA (Double) Category: Pencak Silat competition category in which two Pesilat of the same team perform their skills and demonstrates the richness of their attackdefense Jurus techniques. The attack-defense movements are performed in a wellplanned, effective, aesthetic, stable and logical manner, well-organized, whether it is a powerful and fast movement or slow and contemplative movement, bare-handedly and armed.
- REGU (Team) Category: Pencak Silat competition category in which 3 Pesilat of the same team perform their skills in Jurus Baku Regu in an accurate, exact and stable manner, along with soulfulness and harmony, bare-handedly.

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+ Chapter 1: Competition Regulations Article 1: Definition of Each Category TUNGGAL REGU GANDA

+ Chapter 2: Rules Of The Game

- Article 9: Tanding (Match) Category
- Competition Procedure
- The competition is commenced by the Referee and Jury entering the arena from the right side of the Competition Chairman. Before entering the arena, Referee and Jury report to the Competition Chairman that they are ready to carry out their duties.
- Referee shall check the athlete at their individual corner before commencing the match.
- At Referee's signal, each Pesilat enters the arena from his/her corner, respecting the coaches, Referee and the Competition Chairman. Afterwards each Pesilat is mandatory to perform 5 to 10 school's movement before returning to their respective corners.

Article 8: Arena Competition Regulations Article 8: Arena Competition Equipment Arena: The Arena can be on the floor and layered with Pesilat standard of mattress with maximum thickness of 2.5cm up to 5cm, flat and non-bouncing surface with a measurement of 10m x 10m, the base color must be bright green marked with white line. The organizing committee shall provide this requirement.

+ Chapter 1: Competition Regulations

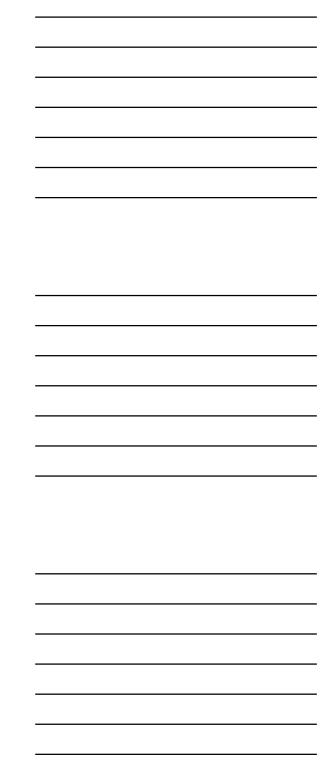
- Article 8: Arena Competition Equipment
- TANDING: The area of the Arena is a square with measurement of 10m x 10m. Inside the arena is a circle-shaped match ground of 8m diameter.
- The border between the arena and match ground is marked with white line of 5cm wide, drawn inwards.
- In the center of the match ground a circle of 3m-diameter is drawn. The circles borderline is white and 5cm wide. This circle serves as a separating line at the start of a match.

+ Chapter 1: Competition Regulations

- Article 8: Arena Competition Equipment
- The arena equipments which must be provided by the organizing committee consists of:
- A bout light or any other signaling instrument to determine a round
- Red, blue and yellow signal lights to give signal when needed during the course of a competition
- A red and blue flag with a pole, each measuring 30cm x 30cm for the Jury of Tanding and another yellow flag with same measurements for the timekeeper
- An information board displaying the duration time of Pesilats performance in Tunggal, Ganda and Regu categories
- Weapon stand

+ Chapter 1: Competition Regulations

- Article 8: Arena Competition Equipment
- The arena equipments which must be provided by the organizing committee consists of:
 - Bucket, a mop, and floor mat
 - Audio-visual recording instruments and the operator
- Signage for Competition Chairman, Council of Referee-Jury, Secretary of Competition, Time Keeper, Doctors of Competition, Jury with sequence accordingly (1 to 5).
- Other equipment whenever deemed necessary. i.e. wireless microphone
- Scoring board or digital scoring board or manual system
- Weighing scales
- Sound system



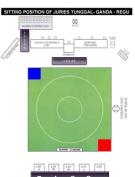
+ Chapter 1: Competition Regulations

- Article 8: Arena Competition Equipment
- Some examples of Arena equipments





- Article 10: Tunggal (Single) Category
- Competition Procedure



+ Chapter 2: Rules Of The Game

- Article 9: Tanding (Match) Category
- TANDING Equipments:
- Attire: Pesilat wears a standard black Pencak Silat attire. The sleeves up to the wrist +/- 1cm and the length of the pants up to the ankle +/- 1cm and a white sash.
- For ladies contestant with veil (head cover), it should be in plain black.
- During the match white sash must be put off.
- It is allowed to have the badge of the contestant's main association on the left chest and PERSILAT badge on the right chest, the national flag on the right arm and sponsor logo on the left arm where the size of sponsor logo must not exceed the size of PERSILAT badge (not exceeding 10cm diameter).
- The name of the country may be printed at the top back of the attire. All attire must be provided by the individual Pesilat.
- No other accessories to be worn except Silat attire.



PESILAT
TANDING CATEGORY

1, STANDARD MODEL BLACK COLOUR
2, WHITE SELT! 1 SECM WIDE (PUT OFF BINEN PLATING)
NO ACCESORIES
3, ORDANIZATION BADGE ON THE LEFT CHEST

⁺ Chapter 2: Rules Of The Game

- Article 9: Tanding (Match) Category
- Body protector with the following regulations:
 PERSILAT quality standard
- Black color
- Five sizes: XXL, XL, L, M and S
- A red or blue sabuk/bengkung (belt/sash) for Pesilat's corner identification. Size 10cm wide.
- One arena should provide at least 5 sets of
- More affilial annual provided at least 3 sets body protectors of every size that is provided by the Organizing Committee.

 Mandatory for all female and male contestants to wear a plastic groin guard provided
- A joint guard, shin and arm guards are allowed to be used 1 layer with 1cm maximum thickness and made from non-hard material.



- Article 9: Tanding (Match) Category
- Match Rounds and Time (For Pre-Teen)
- A match is carried out in 3 rounds
- Each round takes 1.5 minutes
- Between rounds there is a 1 minute rest
- Moments when the Referee stops the match are not included in the match
- The counting towards a Pesilat who is knock-downed due to a valid attack is

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- Article 9: Tanding (Match) Category
- Match Rounds and Time (For Pre-Junior, Junior and Senior)
- A match is carried out in 3 rounds
- Each round takes every 2 minutes
- Between rounds there is a 1 minute rest
- Moments when the Referee stops the match are not included in the match
- Match Rounds and Time (For Master I/Master II)
- A match is carried out in 3 rounds
- Each round takes every 1.5 minutes
- Between rounds there is a 1 minute rest
- Moments when the Referee stops the match are not included in the match time.

- Article 9: Tanding (Match) Category
- The Pesilat's Coach:
- Each Pesilat, particularly in TANDING category, is assisted by 2 coaches maximum and understand the rules and regulations of competition of PERSILAT
- The coach's attire is a PERSILAT black Pencak Silat attire, the sleeves up till wirst I/- 1 cm and the length of the pants up to the ankle H/- 1 cm and the badge of his/her main associate on the left chest and is allowed to put PERSILAT badge on the right chest, nam of the country on the back and wears an orange sash of 10cm wide.
- The coach is allowed to give advice only during the rest between rounds.
- One of the coaches must be of the same gender with the Pesilat.



COACH

+ Chapter 2: Rules Of The Game

- Article 9: Tanding (Match) Category
- Competition Commands
- The command 'BERSEDIA' (Get Ready) is used to alert both Pesilat and all competition officials to be ready as the match is about to begin. This command shall be used throughout the match.
- The command 'MULAI' (Start) is used each time a match is started or continued. This command is used together with the hand signal.
- The command 'BERHENTI' (Stop) or 'TI' is used to stop the match.
- The command 'PASANG', 'LANGKAH' and 'SILAT' are used as guidance.
- The start and the end of each round is marked by a strike on the Gong.

- Article 9: Tanding (Match) Category
- The Rules of the Game
- The Pesilats confront each other by applying the Pencak Silat defense and attack elements ie. Repulsing, dodging, hitting the target, dropping the opponent; and complying to the Pencak Silat Rules and Regulations.
- By applying the 'Pencak Silat principle', it means to obtain technical scores. A Pesilat must apply a combative pattern which consists of on-guard position (sikap pasang), step pattern (pola langkah), maintaining the distance against the opponent, while performing the attack/defense, and finally return to the on-guard position (sikap pasang).
- A Pesilat who performs more than 6 techniques of attacks in a row will be stopped by the Referee.

- Article 9: Tanding (Match) Category
- Target
- A valid attacking area that awarded points is the body which covers the trunk area excluding the neck upwards and the navel to the groin:
 - Chact
- Abdomenal (navel upwards)
- Left and right ribs
- Back part of the trunk (except direct attack of the whole spinal cord)
- Lower Limb (Ankle and below) can be targeted for an intercepting attack while aiming to drop the opponent but are non-scoring area.

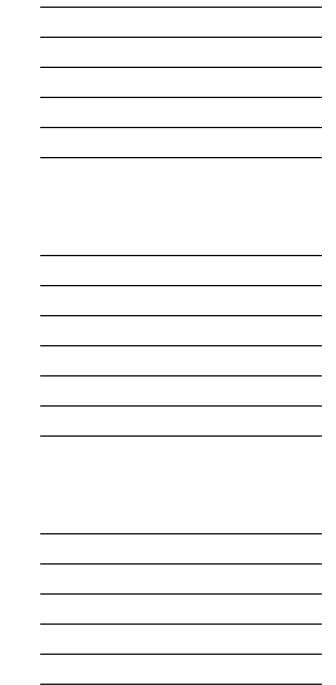
+ Chapter 2: Rules Of The Game

- Article 9: Tanding (Match) Category
- Prohibitions
- Prohibitions which are declared as violations:
- Serious violations
- Light violations

■ Serious Violations

- A. Attack illegal parts of the body ie. Neck, head, and navel downwards to groin, direct attack to the whole spinal cord, thigh and lower limbs shin area.
- B. Direct attempts to break the joints.
- C. Deliberately throw the opponent out of arena.
- D. Attack with head (Head Butt)
- E. Attack the opponent before the 'MULAI' command or after the 'BERHENTI' command is given by the Referee, causing injury to the opponent.

- Article 9: Tanding (Match) Category
- Serious Violations
- F. Wrestle, bite, scratch, grip and pull the opponent's hair/jibab
- G. A Pesilat challenges, humiliates, hits, uttering vulgarities, spits, shouting to provoke opponent or Competition Officials and to all spectators.
- H. Slamming down the opponent in or out of arena within the match period.
- I. Gripping, grabbing or embrace while attacking.
- Light Violations
- A. Does not use on-guard position and step
- B. If the attacked Pesilat is injured, the Referee will call for the doctor immediately. If the doctor decides that the injured Pesilat is unfit to continue fighting, the Pesilat will be declared defeated by 'technical knock-out'.
- C. If the doctor declare that the injured Pesilat is fit to continue, but he/she fail to stand up at once, the Referee will immediately start the technical counting.



- Article 9: Tanding (Match) Category
- Penalties

Level and types of penalties:

■ Reprimand

- A. Given when a Pesilat commits light violation after 1 time verbal warning of the same violation within the same round.
- B. Reprimand can directly be given when a Pesilat commits severe violation without causing injury to the opponent.

+ Chapter 2: Rules Of The Game

■ Article 9: Tanding (Match) Category

■ Penalties

Warning which shall be valid for all rounds, only for severe violation. For light violation, it ends at every month, consist of:

■ Warning I given when a Pesilat:

- $\,\blacksquare\,$ A. Commits severe violation causing injury to opponent
- B. After Warning I is given, another reprimand will be given for another type of light violation within the same round

■ Warning II given when a Pesilat:

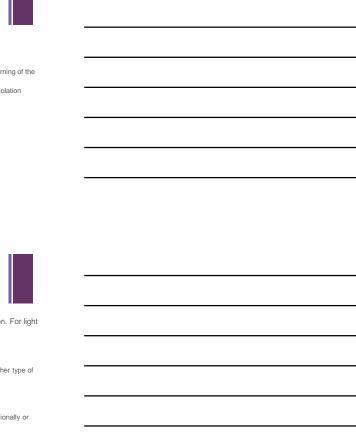
- A. Commits another severe violation after Warning I pattern
- B. Walk out of the arena (any one leg out of the arena) whether intentionally or unintentionally more than 1 time in 1 round

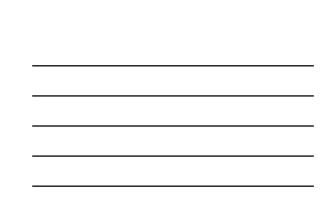
+ Chapter 2: Rules Of The Game

- Article 9: Tanding (Match) Category
- Penalties

Improper Defensive Technique:

- A. A valid attack with accurate direction but may cause injury to the opponent due to improper defensive technique (i.e. dodging towards the incoming attack direction) is not a violation.
- After Warning II is given, another reprimand will be given for another type of light violation within the same round.
- B. Warning III is given when a Pesilat commits another severe violation after Warning II and will be immediately disqualified.
- Warning III should be shown by the Referee.





- Article 9: Tanding (Match) Category
- Scoring Rules:

Score	
Score 1	An attack by hand successfully hitting the target without being blocked
Score 1 + 1	Successfully voiding opponent's attack, and immediately followed by a successful counter attack by hand
Score 2	An attack by foot successfully hitting the target without being blocked
Score 1 + 2	Successfully voiding opponent's attack, and immediately followed by a successful counter attack by foot
Score 3	Direct attack that successfully drop the opponent
Score 1 + 3	Successfully grabbing the opponent's leg followed by a successful dropping technique

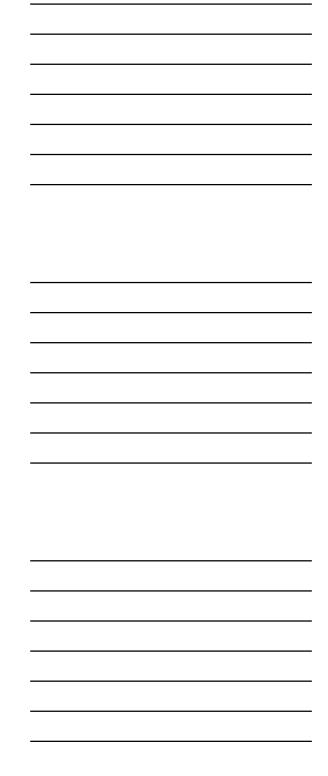
+ Chapter 2: Rules Of The Game

- Article 9: Tanding (Match) Category
- Penalty

The penalty of scores:

Score	
Score -1	Is given when a Pesilat gets Reprimand I
Score -2	Is given when a Pesilat gets Reprimand II
Score -5	Is given when a Pesilat gets Warning I
Score -10	Is given when a Pesilat gets Warning II

- Article 9: Tanding (Match) Category
- Victory Decision
- A. Win by Points Score
- B. Win by Technical Knock Out (TKO)
- C. Win by Absolute Victory
- D. Win by RSC (Referee Stop Contest)
- E. Win by WO (Walk Over)
- F. Win by disqualification

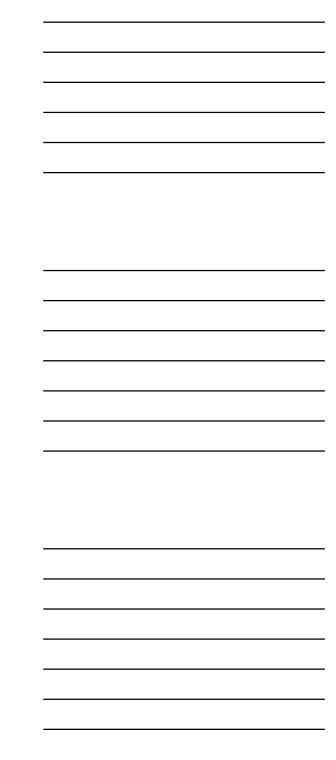


- Article 9: Tanding (Match) Category
- Victory Decision
- A. Win by Points Score
- When the number of Juries that decides for the winning of a Pesilat is more than the opponent.
- In the event where there is a tie, the winner will be determined base on the followings:
- With the least penalty score
- With the most technical score obtain as follows: 1+3, 3, 1+2, 2, 1+1, 1
- An additional one round
- The Pesilat who is lighter referring to the weight taken at the re-weighing process, 15 minutes before the game
- Toss coins process that to be carried out by the Chairman of Competition and witnessed by the Technical Delegate and both team managers

+ Chapter 2: Rules Of The Game

- Article 9: Tanding (Match) Category
- Victory Decision
- B. Win by Technical Knock Out (TKO)
- Opponent's request not to continue the fight
- Competition Doctor's decision: The doctor is given 120 seconds to decide whether Pesilat is declared "Fit" or "Unfit" to continue the fight and to give medical help
- Coach's request (Throw in towel)
- Referee's decision (Upon counting of Pesilat to the count of 10)

- Article 9: Tanding (Match) Category
- Victory Decision
- C. Win by Absolute Victory
- Decision of Absolute Victory is made when the opponent is knocked down due to valid attack and he/she is unable to get up immediately and or feels dizzy or unable to stand upright with 'Sikap Pasang' after Referee's counting up to 10.
- D. Win by RSC (Referee Stop Contest)
- Winning as the referee valued the bout is unbalanced
- E. Win by WO (Walk Over)
- Opponent did not show up in the arena after the third call, with the interval of 30 seconds at each call. Unless the team manager had informed the withdrawal of the Pesilat



+ Chapter 2: Rules Of The Game	
■ Article 9: Tanding (Match) Category	
■ Victory Decision ■ F. Win by disqualification	
■ The opponent gets Warning III after Warning II	
■ The opponent commits serious violation and is directly punished with disqualification	
The opponent commits severe violation injuring the opponent hence not abl to continue, and to be decided by the competition's doctor. A Pesilat who we by disqualification by this rule, will only be allowed to compete in the next match, with the permission and recommendation from competition's doctor before the next match.	le on
During re-weighing, the Pesilat's weight does not meet the weight requirement.	
■ Pesilat failed to show the medical certification before competition started	
+ Chapter 3: Competition Committee	
■ Article 17: Costume of the Competition Committee	
THE COUNCIL OF REFEREE CHAIRMAN & VICE CHAIRMAN OF COMPETITION 1.STANDARD MODEL BLICK COLOR	
AND JUST 2. THILDS BET 1000 MEET AND THE TOTAL	ovest
* Videos	
■ Sit back, relax and enjoy the videos.	
https://www.youtube.com/watch?v=BK7N8bb1NGg	

TANDING / MATCH

NO. PERTA				KELAS CLASS		GELA AREN	NGGANG A		TARIKH DATE			JANTINA SEX	
	SUDUT MERA NER ATHLETE						ELAWAN AGAINST		TA SUDUT BIR CORNER ATHLE				
		M	IERAH / REI	D					ВІ	RU / BLUE			
JUMLAH / TOTAL	HUKUMAN / PENALTY		l	NILAI / POIN	Т				NILAI / POINT			HUKUMAN / PENALTY	JUMLAH / TOTAL
							п						
							Ш						
	JUMLAH PE	NUH / GRAN	ND TOTAL							JUMLAH PE	ENUH / GR	AND TOTAL	
				PEN	MENANG P	PERTANDING	SAN / WINNER	R OF COMPETI	ITION				
NAMA PESI NAME	ILAT					NEGA COUN					SUDUT CORNER		
KEMENANO WINNING E	3Y	ANGKA POINTS	TEKNIK TKO	MUTLAK ABSOLUTE	DISKUALI DIS	WMP RSC	UNDUR DIRI WALK OVER]					
		PUSINGAN ROUND			I	II	III		NOMBOR JUROR'S				
CATITAN REMARKS									NAMA JUF JUROR'S				
									TANDA TA				



TUNGGAL / SINGLE

PRA-REMAJA / PRE-JUNIOR USIA DINI / PRE-TEEN

NO UNDIAN / <i>DRAW NO</i> :		PUTRA / MALE			E PUTRI /	PUTRI / FEMALE TANGGAL / D					
NAMA / NAME						NEGA	RA/(COUNTRY			
UNSUR NILAI SCORING ELEMENTS			URUTAN DAN RINCIAN JURUS / ORDER AND DETAILS OF JURUS								
* RINCIAN GERAKAN DETAILS OF MOVEMENT * URUTAN GERAKAN ORDER OF MOVEMENTS * GERAKAN TIDAK DITAMPILK UNPERFORMED MOVEMENT		1		2	3	4		5	6	7	
* URUTAN JURUS JURUS ORDER		7 8		13 9	18	25 11		31 12	13	50 14	
SONOS ONDEN				63 EBENARAN DR CORRE		81		86	91	100	
KEMANTAPAN / PENGHAYATAN / STAI STABILITY / EXPRESSIVENESS / STAM				BATAS	SAN NILAI / RANGE (50 – 60)	OF SCORE					
HUKUMAN	I I PEN							•			
1. Batasan Waktu (Detik) / Time Limits (Secs)		– 15 - 10)	Disku	> 15 alifikasi / Jualified	—			JUMLAH NILAI			
2. Liwat / Luar Garis / Exceed Border Line (-5)								HUKUMAN			
3. Senjata Lepas / Weapon Drops (-5)								TOTAL PENALTY SCORE			
4. Pakaian / Ukuran Senjata Tidak Sesuai (-5) Imperfect Costume / Incorrect Size of Weapon							7_	JUOKE			
NAMA /NAME		GGAL A <i>TE</i>		ATANGAN JATURE	DISKUALIFIKAS DISQUALIFIED	JUMLA FINAL			—		

GANDA / DOUBLE

1		
NAMA / NAME 1	NOMBOR UNDIAN /	
2	DRAW NUMBER	
NEGARA / :	DATE / /	_
COUNTRY	<u> </u>	
BATASAN NILAI / SCORING ELEMENTS (50 -	- 100)	
NILAI TEKNIK / TECHNICAL SCORE (60 - 8	80)	
1. Kekayaan Teknik Tangan Kosong & Bersenjata /	NILAI / SCORE	
Richness Of Techniques unarmed & with Weapon		
2. Kemahiran Gerak /	JUMLAH NILAI	
Skill With Weapon	TEKNIK &	
3. Aspek Logika /	PENGHAYATAN /	
Logical Aspect	TOTAL SCORES	
4. Kreativitas Peragaan /	OF TECHNIQUES	
Creativity Of Performance	& EXPRESSIONS	
NILAI KEMANTAPAN & KEKOMPAKAN (50 -	•	
STABILITY & COMPACTNESS SCORE		
1. Kemantapan gerak	NILAI / SCORE	
Stability of Movement		١
2. Kekompakan Peragaan		
Compactness of Performance 3. Keberanian Berseniata /		
Skill With Weapon)
4. Tenaga & Stamina		
Power & Stamina		
NILAI KESERASIAN PENGHAYATAN (50 - 6	60)	
SCORE FOR EXPRESSION	NILAI / SCORE	
1. Keserasian Eksperasi Dan Gerakan	INIZALI / SOSINZ	
Movement Expression		
2. Keserasian irama Dengan Gerakan		
Rhythm of Movement		
HUKUMAN / PENALTY	NILAI / SCORE	
	JUMLAH NILAI	
1. WAKTU / TIME	1. HUKUMAN	
	TOTAL PENALT	Υ
	SCORE	
2. LEWAT LUAR GARIS / (-5) X	2.	
EXCEED BORDER LINE)
3. SENJATA LEPAS / DROPPING OF WEAPON (-5) X _	3. (
o. denominated his propriation of weath of the contraction of the cont		/
4. PAKAIAN / UKURAN SENJATA TIDAK SESUAI	_	
(-10)	4.	
IMPERFECT COSTUME / SIZE OF WEAPON		
HIDL/ HIDOD	ILIBAL ALI NIII AL	
JURI / JUROR	JUMLAH NILAI NGAN DISKUALIFIKASI TOTAL SCORE	
TANDA TAN		
NAMA / NAME SIGNATU	URE DISQUALIFIED (
LIGHTOD (ALLED TO		
NOMBOR / NUMBER		



REGU / TEAM

DEWASA / SENIOR

REMAJA / JUNIOR

NO UNDIAN / DRAW NO:	P	UTRA / <i>MALE</i>	PUTRI / FEM	GAL / DATE					
NAMA / NAME			NEGARA / COUNTRY						
UNSUR NILAI / SCORING ELEMENTS		URUTAN DAN RINCIAN JURUS / ORDER AND DETAILS OF JURUS							
* RINCIAN GERAKAN DETAILS OF MOVEMENT * URUTAN GERAKAN ORDER OF MOVEMENTS * GERAKAN TIDAK DITAMPILKAN	1	2	3	4	5	6			
UNPERFORMED MOVEMENT * URUTAN JURUS JURUS ORDER	9 7	18	28	37 10	44 11	52 12			
	61 72 JUMLAH NILAI KEBENARAN TOTAL SCORE FOR CORRECTNES		81 SS 100 -	85	93	100			
KEMANTAPAN / PENGHAYATAN / STAMINA STABILITY / EXPRESSIVENESS / STAMINA		_	.AI / RANGE OF SCOF (50 – 60)	RE	7				
HUKUMAN / PE	NALTY								
1. Batasan Waktu (Detik) / Time Limits (Secs)	6 – 10 (– 10)	> 10 Diskualifikasi / Disqualified	—	JUM NIL					
2. Liwat / Luar Garis / Exceed Border Line	(– 5)		—	HUKU TOT PENA	TAL .				
3. Pakaian Tidak Sesuai Imperfect Costume	(-5)		\rightarrow	J sco					
NAMA /NAME	TANGGAL DATE	TANDATANGAN SIGNATURE	DISKUALIFIKASI DISQUALIFIED	JUMLAH PENU	н				