



**January 27-30, 2014**  
**University of the Philippines Los Baños**

**Hosted by:**  
**College of Human Ecology**



# OPENING PROGRAM

January 27, 2014

7:00 am

Grandstand

Masters of Ceremony: Mr. Raphael Ferrer and Ms. Pam Gonzales

## **Parade of Teams/Colors with Mutya**

6:30 AM Assembly time; CPARK. Start of Parade 7:00 am.

Sequence:

DMST Colors – Marching Band -CHE - YELLOW – RED -- GREEN – BLUE – WHITE

## **Opening Ceremony: (8:00 am)**

- Prayer - CHE Chorale
- National Anthem
- Introduction of Participants/Teams
- Opening Remarks - Chancellor Rex Victor O. Cruz
- Message from the Host - Dean Marites G. Yee, CHE
- Mutya ng Palaro Production Number
- Sportsman's Pledge - For. Sofronio Camacho,  
Chair, UPLB Sports Committee
- Lighting of Torch-cum-Executive Run/Walk  
Sequence:
  - Palarong UPLB 2014 Coordinators (EDR, RMS, WRR)
  - 4 Department/Institute Chairs (CGJ, MTT, RDS, WRR)
  - Dean and College Secretary (MGY, WTH)
  - University Sports and Recreation Committee (Dr. Camacho et al)
  - Vice Chancellors (OVCPD, OVCAA, OVCA, OVCRE, OVCCA)
  - Chancellor (RVOC)
- Official Start of the Game—*“Let the Palarong UPLB 2014 begin! May the odds be ever in your favor.”*



## BOWLING

Jan. 27 – 28, 2014  
SU Bowling Lanes, UPLB

1. Lanes will be drawn by lot per game.
2. Three (3) games will be played per team. Each team should have five (5) players. The top 4 scores of the team will be counted.
3. Teams fielding less than four (4) players will be penalized according to the following scheme:

**Faculty/staff:**

- a) 4 PLAYERS ONLY - TOP 3 SCORES WITH THE 4TH SCORE = 70
- b) 3 PLAYERS ONLY - TOP 2 SCORES AND THE OTHER 2 PLAYERS = 70
- c) LESS THAN 3 PLAYERS = 280 TOTAL SCORE

**Students:**

- a) 4 PLAYERS ONLY - TOP 3 SCORES TO COUNT WITH THE THIRD SCORE = 65
- b) 3 PLAYERS ONLY - TOP 2 SCORES AND THE OTHER 2 PLAYERS = 65
- c) LESS THAN 3 PLAYERS = 260 TOTAL SCORE

4. Total scores for all the team's games will be ranked. For the purposes of the Palarong UPLB overall tally, the number of points awarded to the bowling rankings are as follows:

1st place	50 pts
2nd place	40 pts
3rd place	30 pts
4 <sup>th</sup> place	20 pts
5th place	10 pts

5. Teams which did not field any players will be given no points (zero).
6. Teams drawing the right lanes (2, 4 & 6) will throw the ball first.
7. Players should wear rubber-soled shoes. Bowlers will be strictly prohibited from wearing slippers when in the bowling facility.



### **Game Schedule**

Date	Category	Time
Jan. 27, 2014	Students (W)	1 pm – 5 pm
	Fac/Staff (W)	5 pm – 9 pm
Jan. 28, 2014	Students (M)	1 pm – 5 pm
	Fac/Staff (M)	5 pm – 9 pm

-

### **Event Coordinators:**

ETHEL CABRAL & ROWENA CARDENAS



# **BALLROOM DANCING/DANCESPORT**

**Jan 30, 2014 (6:00 PM)**

## **1. Dance Composition**

The dance competition for the faculty/staff category shall be a three (3) ballroom dance competition:

- Swing
- Tango
- Cha cha cha

The dance competition for the student category shall be a three (3)-dance sport competition:

- Cha cha cha
- Rhumba
- Jive

## **2. Time**

Each dance category will be performed in 2-3 minutes

## **3. Pair composition**

A pair is composed of a male and a female both for the faculty/staff and student categories. Each team may have any of the following entries:

- ONE (1) pair for EACH dance for the faculty/ staff category and ONE (1) pair for EACH dance for the student category.
- ONE (1) pair for ALL dances for the faculty/ staff category and for the student category.

4. Scoring will be cumulative per dance category. 1 winner will be declared for the faculty and staff category (as a team) and one pair will be declared the winner for the student's category.

5. The decision of the judges is final.

6. The guidelines of the judging are:

- Rhythmicity
- Choreography
- Costume
- Technique
- Characterization



# FOOTBALL

January 28-30, 2014

SEED	STAFF	STUDENT
1	RED	BLUE
2	GREEN	YELLOW
3	YELLOW	GREEN
4	WHITE	RED
5	BLUE	WHITE

## FACULTY AND STAFF

	TEAM	VS	TEAM	DAY	TIME	VENUE
<b>GAME 1</b>	BLUE	<b>VS</b>	WHITE	JAN. 28	7:30-9:00	<b>FF1</b>
<b>GAME 2</b>	GREEN	<b>VS</b>	YELLOW	JAN. 28	9:00-10:30	<b>FF1</b>
<b>GAME 3</b>	RED	<b>VS</b>	WG 1	JAN. 28	14:00-15:30	<b>FF1</b>
<b>GAME 4</b>	LG 1	<b>VS</b>	LG 2	JAN. 28	15:30-17:00	<b>FF1</b>
<b>GAME 5</b>	WG 2	<b>VS</b>	WG 3	JAN. 29	7:30-9:00	<b>FF1</b>
<b>GAME6</b>	LG 3	<b>VS</b>	WG 4	JAN. 29	9:00-10:30	<b>FF1</b>
<b>GAME7</b>	LG 5	<b>VS</b>	WG 6	JAN. 30	7:30-9:00	<b>FF1</b>
<b>GAME 8</b>	WG 5	<b>VS</b>	WG 7	JAN. 30	9:00-10:30	<b>FF1</b>

## STUDENTS

	TEAM	VS	TEAM	DAY	TIME	VENUE
<b>GAME 1</b>	WHITE	<b>VS</b>	RED	JAN. 28	7:30-9:00	<b>FF2</b>
<b>GAME 2</b>	YELLOW	<b>VS</b>	GREEN	JAN. 28	9:00-10:30	<b>FF2</b>
<b>GAME 3</b>	BLUE	<b>VS</b>	WG 1	JAN. 28	14:00-15:30	<b>FF2</b>
<b>GAME 4</b>	LG 1	<b>VS</b>	LG 2	JAN. 28	15:30-17:00	<b>FF2</b>
<b>GAME 5</b>	WG 2	<b>VS</b>	WG 3	JAN. 29	7:30-9:00	<b>FF2</b>
<b>GAME6</b>	LG 3	<b>VS</b>	WG 4	JAN. 29	9:00-10:30	<b>FF2</b>
<b>GAME7</b>	LG 5	<b>VS</b>	WG 6	JAN. 30	7:30-9:00	<b>FF2</b>
<b>GAME 8</b>	WG 5	<b>VS</b>	WG 7	JAN. 30	9:00-10:30	<b>FF2</b>



## **FOOTBALL 7-A-Side**

### **A. Duration**

20 min. per half with 10 min. interval

### **B. Default**

- 15 min. after scheduled time.
- Minimum number of players: 5

### **C. Uniform**

- Must be of the same color, except the goalkeeper who must wear a jersey with colors different from the players.

### **D. Line-up**

- Each team can register a maximum of 12 players.
- 7 players are allowed on the field with a maximum of FIVE (5) MALE per playing team (Students).

### **E. Substitution**

- Open substitution. Players can go in and out of the playing court provided proper notification is done with the referee.

### **F. Game Format**

- Games shall be played using the 5-team Double Elimination Format. The championship game shall be a knock-out game.
- In case of tied games after the regulation period, a penalty shoot-out with three (3) kickers shall be used to break the tie.

G. In case of a double default, no game will be played and the first team to form a 7-man line-up will be declared the winner by the event manager.

H. In all other cases, FIFA rules shall apply.



## TABLE TENNIS

### TABLE TENNIS

#### A. Format

- a. Five-team double elimination format shall be used. The Championship is knock-out game.
- b. Order of Play  
Students Events (M and W) and Faculty and Staff Events (M and W)
  1. Singles
  2. Doubles
  3. Singles
- c. Team line-up pairing shall be submitted to the tournament official 5 minutes before the start of each tie.
- d. No repetition of players.

#### B. All games scores from 1 to 11, all matches best of five games.

**ALL GAMES WILL BEGIN AT 4:00 P.M.    January 27 and 28, 2014 (Monday and Tuesday)**

#### VENUE: COPELAND GYMNASIUM

#### FACULTY AND STAFF (M)

	TEAM	VS	TEAM
<b>GAME 1</b>	YELLOW	VS	RED
<b>GAME 2</b>	GREEN	VS	WHITE
<b>GAME 3</b>	BLUE	VS	WG 1
<b>GAME 4</b>	LG 1	VS	LG 2
<b>GAME 5</b>	WG 2	VS	WG 3
<b>GAME 6</b>	LG 3	VS	WG 4
<b>GAME 7</b>	LG 5	VS	WG 6
<b>GAME 8</b>	WG 7	VS	WG 5





### FACULTY AND STAFF (W)

	TEAM	VS	TEAM
GAME 1	GREEN	VS	RED
GAME 2	BLUE	VS	YELLOW
GAME 3	WHITE	VS	WG 1
GAME 4	LG 1	VS	LG 2
GAME 5	WG 2	VS	WG 3
GAME 6	LG 3	VS	WG 4
GAME 7	LG 5	VS	WG 6
GAME 8	WG 7	VS	WG 5

### STUDENTS (M)

	TEAM	VS	TEAM
GAME 1	BLUE	VS	GREEN
GAME 2	YELLOW	VS	WHITE
GAME 3	RED	VS	WG 1
GAME 4	LG 1	VS	LG 2
GAME 5	WG 2	VS	WG 3
GAME 6	LG 3	VS	WG 4
GAME 7	LG 5	VS	WG 6
GAME 8	WG 7	VS	WG 5



### STUDENTS (W)

	TEAM	VS	TEAM
GAME 1	YELLOW	VS	GREEN
GAME 2	BLUE	VS	RED
GAME 3	WHITE	VS	WG 1
GAME 4	LG 1	VS	LG 2
GAME 5	WG 2	VS	WG 3
GAME 6	LG 3	VS	WG 4
GAME 7	LG 5	VS	WG 6
GAME 8	WG 7	VS	WG 5

(Palaro 2014)



# LAWN TENNIS

Jan 27-30, 2014

## SCHEDULE

### FACULTY AND STAFF

	TEAM	VS	TEAM	DAY	TIME
<b>GAME 1</b>	BLUE	<b>VS</b>	GREEN	JAN. 27	3:00 PM
<b>GAME 2</b>	YELLOW	<b>VS</b>	RED	JAN. 27	4:00 PM
<b>GAME 3</b>	WHITE	<b>VS</b>	WG 1	JAN. 28	7:00 AM
<b>GAME 4</b>	LG 1	<b>VS</b>	LG 2	JAN. 28	8:00 AM
<b>GAME 5</b>	WG 2	<b>VS</b>	WG 3	JAN. 28	3:00 PM
<b>GAME6</b>	LG 3	<b>VS</b>	WG 4	JAN. 28	4:00 PM
<b>GAME7</b>	LG 5	<b>VS</b>	WG 6	JAN. 29	7:00 AM
<b>GAME 8</b>	WG 5	<b>VS</b>	WG 7	JAN. 29	3:00 PM

### STUDENTS

	TEAM	VS	TEAM	DAY	TIME
<b>GAME 1</b>	YELLOW	<b>VS</b>	GREEN	JAN. 27	3:00 PM
<b>GAME 2</b>	BLUE	<b>VS</b>	WHITE	JAN. 27	4:00 PM
<b>GAME 3</b>	RED	<b>VS</b>	WG 1	JAN. 28	7:00 AM
<b>GAME 4</b>	LG 1	<b>VS</b>	LG 2	JAN. 28	8:00 AM
<b>GAME 5</b>	WG 2	<b>VS</b>	WG 3	JAN. 28	3:00 PM
<b>GAME6</b>	LG 3	<b>VS</b>	WG 4	JAN. 28	4:00 PM
<b>GAME7</b>	LG 5	<b>VS</b>	WG 6	JAN. 29	7:00 AM
<b>GAME 8</b>	WG 5	<b>VS</b>	WG 7	JAN. 29	3:00 PM



1. Lawn tennis will be played as a doubles team event
2. Each team shall be composed of a minimum of six players – men and women
3. The following events that will be played:

Faculty and Staff  
Students
4. Double elimination format will be followed for the competition. The championship match shall be a knock-out match. Each match shall be a best-of-three sets match with the third set being played only as a decider/tie-breaker.
5. Each set shall be composed of 8 games with deuces. In case of a 7-7 score, a tie-breaker game shall be played.

BEN ARIZALA  
Coordinator  
09193175337



# BASKETBALL

Jan 27-30, 2014

## SCHEDULE OF GAMES (BASKETBALL)

### FACULTY and STAFF (Men)

	<i>TEAM</i>		<i>TEAM</i>	<i>DAY</i>	<i>TIME</i>	<i>VENUE</i>
GAME 1	<b>BLUE</b>	vs	<b>WHITE</b>	Jan 27	10:00-11:30	Copeland
GAME 2	<b>YELLOW</b>	vs	<b>GREEN</b>	Jan 27	1:00 – 2:30	Copeland
GAME 3	<b>RED</b>	vs	WG 1	Jan 27	4:00 – 5:30	BAKER
GAME 4	LG 1	vs	LG 2	Jan 28	9:00 – 10:30	BAKER
GAME 5	WG 2	vs	WG 3	Jan 28	1:00 – 2:30	Copeland
GAME 6	LG 3	vs	WG 4	Jan 29	7:30 – 9:00	Copeland
GAME 7	LG 5	vs	WG 6	Jan 29	10:30 – 12:00	Copeland
GAME 8	WG 7	vs	WG 5	<b>Jan 30</b>	9:00 – 10:30	Copeland

### FACULTY and STAFF (Women)

	<i>TEAM</i>		<i>TEAM</i>	<i>DAY</i>	<i>TIME</i>	<i>VENUE</i>
GAME 1	<b>GREEN</b>	vs	<b>YELLOW</b>	Jan 27	11:30 –1:00	Copeland
GAME 2	<b>BLUE</b>	vs	<b>RED</b>	Jan 27	2:30 – 4:00	Copeland
GAME 3	<b>WHITE</b>	vs	WG 1	Jan 28	7:30 – 9:00	BAKER
GAME 4	LG 1	vs	LG 2	Jan 28	10:30 – 12:00	BAKER
GAME 5	WG 2	vs	WG 3	Jan 28	2:30 – 4:00	Copeland
GAME 6	LG 3	vs	WG 4	Jan 29	9:00 – 10:30	Copeland
GAME 7	LG 5	vs	WG 6	Jan 29	1:00 – 2:30	Copeland
GAME 8	WG 7	vs	WG 5	<b>Jan 30</b>	7:30 – 9:00	Copeland



## STUDENTS (Men)

	<b>TEAM</b>		<b>TEAM</b>	<b>DAY</b>	<b>TIME</b>	<b>VENUE</b>
GAME 1	<b>RED</b>	vs	<b>GREEN</b>	Jan 27	10:00 – 11:30	Baker
GAME 2	<b>BLUE</b>	vs	<b>YELLOW</b>	Jan 27	1:00 – 2:30	Baker
GAME 3	<b>WHITE</b>	vs	WG 1	Jan 27	4:00 – 5:30	<b>COPELAND</b>
GAME 4	LG 1	vs	LG 2	Jan 28	9:00 – 10:30	<b>COPELAND</b>
GAME 5	WG 2	vs	WG 3	Jan 28	1:00 – 2:30	Baker
GAME 6	LG 3	vs	WG 4	Jan 29	7:30 – 9:00	Baker
GAME 7	LG 5	vs	WG 6	Jan 29	10:30 – 12:00	Baker
GAME 8	WG 7	vs	WG 5	<b>Jan 30</b>	12:00– 1:30	<b>COPELAND</b>

## STUDENTS (Women)

	<b>TEAM</b>		<b>TEAM</b>	<b>DAY</b>	<b>TIME</b>	<b>VENUE</b>
GAME 1	<b>YELLOW</b>	vs	<b>RED</b>	Jan 27	11:30 – 1:00	Baker
GAME 2	<b>BLUE</b>	vs	<b>GREEN</b>	Jan 27	2:30 – 4:00	Baker
GAME 3	<b>WHITE</b>	vs	WG 1	Jan 28	7:30 – 9:00	<b>COPELAND</b>
GAME 4	LG 1	vs	LG 2	Jan 28	10:30 – 12:00	<b>COPELAND</b>
GAME 5	WG 2	vs	WG 3	Jan 28	2:30 – 4:00	Baker
GAME 6	LG 3	vs	WG 4	Jan 29	9:00 – 10:30	Baker
GAME 7	LG 5	vs	WG 6	Jan 29	1:00 – 2:30	Baker
GAME 8	WG 7	vs	WG 5	<b>Jan 30</b>	10:30 – 12:00	<b>COPELAND</b>



# CHEERDANCE COMPETITION

Jan 30, 2014

4:00 PM Copeland Gym

1. Team Composition
  - a. Cheer Dancers

Must be physically fit to join the competition.  
A team must consist of 25-30 (minimum 10% faculty/staff) members.
  - b. Spotters

Must be a bonafide student/faculty/staff of UPLB.  
Must be physically fit to join the competition.  
May be male or female.  
Each team may have a maximum of five (5) spotters.  
Must wear black shirt and jogging pants in order to be easily distinguished.
  - c. Boosters

A minimum of 20 and maximum of 25 will comprise the boosters (cheerers on floor).  
Complete list of team composition must be submitted to the event coordinator on or before 12 noon on January 30, 2014.
2. Music and Accompaniment
  - a. The cheer dancers' choreography must be accompanied by the cheering squad with a live band, canned music or a combination.
  - b. The participating teams must submit to the event coordinator written copies of their cheer on or before 12 noon on January 30, 2014, which will serve as reference for the judges.
3. Time

The whole presentation must last a minimum of 3 minutes and a maximum of 5 minutes including entrance and exit of the participants.
4. Props

A maximum of 2 hand props may be used by each team. Any light apparatus may be used, as long as these will not cause undue change or damage to the venue, risk to the participants or delay/interruption to the competition.
5. Grounds for Disqualification

Failure of the participating team to accomplish and submit the complete requirements on the deadline set by the coordinator.



6. Changes

Changes in the competition rules may be voted on by the committee, taking into consideration the technical, constructional, health and safety aspects of the recommended alternatives or changes. The committee will also determine the time by which the proposed changes will come into operation.

7. Permitted moves

Teams are not allowed to toss members at all times.

Lifts may be performed.

Pyramids may be up to 2.5 levels only.

8. Criteria for Judging

Choreography	40%
Execution/perfection/synchronization/projection	30%
Creativity	10%
Costume	10%
Audibility and quality of yells and boosters	10%
<b>TOTAL</b>	<b>100%</b>

**Note: Points deduction**

\*1 point for every minute or fraction thereof

\*2 points for every non-permitted execution

**Mam Naomi Enriquez**  
**Event Coordinator**

**Shiela F. Abacan**  
CHE Event Coordinator  
09333047346





# VOLLEYBALL

Jan 27-30, 2014

## FACULTY and STAFF (Men) [Baker Hall - Poolside]

Date	Match #	Time	Game Sched		
27-Jan	1	10 - 11	G1Wht	vs	Blue
27-Jan	2	11 - 12	G2Red	vs	Yellow
27-Jan	3	2 - 3	Green	vs	WG1
28-Jan	4	9 - 10	LG1	vs	LG2
28-Jan	5	10 - 11	WG2	vs	WG3
28-Jan	6	1 - 3	LG3	vs	LG5
29-Jan	7	8 - 9	WG4	vs	WG6
29-Jan	8*	3 - 5	WG5	vs	WG7

## FACULTY and STAFF (Women) [Copeland Gym]

Date	Match #	Time	Game Sched		
27-Jan	1	10 - 11	G1 Yellow	vs	Green
27-Jan	2	11 - 12	G2 Red	vs	White
27-Jan	3	2 - 3	Blue	vs	WG1
28-Jan	4	9 - 10	LG1	vs	LG2
28-Jan	5	10 - 11	WG2	vs	WG3
28-Jan	6	1 - 3	LG3	vs	LG5
29-Jan	7	8 - 9	WG4	vs	WG6
29-Jan	8*	1 - 3	WG7	vs	WG5



### STUDENT (Men) [Baker Hall – Outside Court 1]

Date	Match #	Time	Game Sched		
27-Jan	1	10 - 11	G1White	vs	Yellow
27-Jan	2	11 - 12	G2Green	vs	Red
27-Jan	3	2 - 3	Blue	vs	WG1
28-Jan	4	9 - 10	LG1	vs	LG2
28-Jan	5	10 - 11	WG2	vs	WG3
28-Jan	6	1 - 3	LG3	vs	LG5
29-Jan	7	8 - 9	WG4	vs	WG6
29-Jan	8*	3 - 5	WG5	vs	WG7

### STUDENT (Women) [Baker Hall – Outside Court 2]

Date	Match #	Time	Game Sched		
27-Jan	1	10 - 11	G1White	vs	Blue
27-Jan	2	11 - 12	G2Yellow	vs	Red
27-Jan	3	2 - 3	Green	vs	WG1
28-Jan	4	9 - 10	LG1	vs	LG2
28-Jan	5	10 - 11	WG2	vs	WG3
28-Jan	6	1 - 3	LG3	vs	LG5
29-Jan	7	8 - 9	WG4	vs	WG6
29-Jan	8*	10 - 12	WG5	vs	WG7

### \*CHAMPIONSHIP MATCHES

(Copeland Gym)

January 30, 2014

Date	Category	Match	Time	Game Sched		
29-Jan	Student - Women	8	9 – 11	WG5	vs	WG7
29-Jan	Faculty and Staff - Women	8	11 - 1	WG5	vs	WG7



29-Jan	Faculty and Staff - Men	8	1 - 3	WG5	vs	WG7
29-Jan	Student - Men	8	3 - 5	WG5	vs	WG7

- The Official Volleyball Rules of the International Volleyball Federation (FIVB) will be adopted for the competition.
- Cases of general nature shall be resolved according to the Constitution and By-Laws of the UPLB-CSR.

## GROUND RULES

1. Team Competition
  - a. Each team is allowed a maximum of twelve (12) players per game.
  - b. Only the players listed in the line-up before the start of the game are allowed to play.
  - c. The 12-man line up must be submitted to the event coordinator 30minutes before the start of the game.
  - d. Only the players listed in the line-up before the start of the game are allowed to play.
  - e. The 12-man line up can no longer be changed once the game has begun.
  - f. In the absence of the coach and the assistant coach, the trainer can act as coach.
2. Tournament Format
  - a. The tournament format shall be the Five-team, Double Elimination Tournament. All games shall be played in two-out-of-three sets.
  - b. Championship game shall be played in three-out-of-five sets. This shall be a knock-out game.
3. Team Uniform
  - a. Teams must wear their respective color of unit/ college.
  - b. Shirts shall be of the same dominant color on front and back. The team shall use numbers from 1 to 18.
  - c. Players are required to wear their official college team color uniform during their scheduled game. The "Policy of No Uniform No Play" shall be observed.
  - d. All players must tuck their shirts during the game.
4. Players Eligibility
  - a. The Palarong UPLB is open to all students and employees (faculty and staff) of the University of the Philippines Los Baños.
  - b. Students must be a bonafide and a registered student of their college for the semester and academic year when the Palaro is held.

Leonora A. Dirain  
Event Coordinator



# ATHLETICS

Jan 27, 2014

## 1. Competition Rule

IAAF Rules shall be applied except for some cases wherein some modifications shall be made upon the agreement of coaches to adapt to the condition of the playing facilities.

Categories and Events are as follows:

Faculty/Staff		Students	
M	W	M	W
100 m	100 m	100 m	100 m
200 m	200 m	200 m	200 m
400 m	400 m	400 m	400 m
4 x 100 m RELAY	4 x 100 m RELAY	4 x 100 m RELAY	4 x 100 m RELAY
Swedish	Swedish	Swedish relay	Swedish relay
Relay(100m-200m-300m-400m)	Relay(100m-200m-300m-400m)	(100m-200m-300m-400m)	(100m-200m-300m-400m)

## Eligibility and Entries

- General guidelines for eligibility shall be followed.
- Entries should be submitted 1 hour before the competition.
- Each team can compete with only 1 player and up to a maximum of 10 players per category.
- A player can play up to 3 events excluding relay races.

## I. Officials

The organizer shall provide the officials which will be coming from PATAFA or Local group but with knowledge in athletic officiating.

## Track Events

1 Starter  
6 timers  
4 lanes umpire  
1 lap recorder  
2 judges at finish

## GROUND RULES

- Entries should be submitted 1 hour before the start of the event to determine of the event to be run is elimination or final.
- Lane assignment shall be drawn before the start of every event.
- There shall be one entry per event per team.



4. Participants must wear the proper color prescribed for each team.
5. Studs and spike shoes shall be allowed in athletic events.
6. Participants shall be at the starting area once they heard the announcement of the respective events and for briefing and drawing of lots for lane assignment.
7. The start of all sprint competition shall be in a crouch position.
8. International jostling, crossing and obstructing other competitor to impede progress shall be disqualified. The coordinator and the judges shall have the power to disqualify athletes, through the recommendation of the lane umpire.
9. The 100m dash shall be run in lanes from the start to finish but the 200 meter's first 100m shall be free of lanes.
10. The relay events shall be free of lanes.

#### HEAT AND EVENT INTERVAL

1. There shall be one heat for each event, composed of 5 participants for staff events. All heats are finals.
2. For student events, there shall be two heats. Best time shall be used to determine the winners of each event.
3. Ranking from the first up to the last place shall have their respective points as long as they will not leave the track before crossing the finish line.
4. Succeeding events shall be continued automatically after each event.

#### THE START AND FINISH

1. All the races shall be started at the report of the starting pistol or a clapper.
2. The command shall be "puwesto" "handa"... and the report of the starting gun will follow.
3. Participants who leave his mark after the word "handa", before the pistol was fired shall be considered a false start. Two false start committed by the player shall mean automatic disqualification from the event.
4. Finish line shall be determined by a white line.
5. Judging of places shall be according to the runner's torso after reaching the nearer edge of the finish line.

#### TIES

In the event of a tie in a heat, or in case of a tie in the first place, the coordinator and the judges are empowered to decide whether it is practical to arrange for the competitor to compete again. The result shall stand. Ties in both places shall stand.

#### PROTEST

Protest related to matters which developed during the games should be made at once not later than within 15 minutes after the result has been officially made.



# SOFTBALL RULES (STUDENTS)

Jan. 27-29, 2014  
Copeland Softball Field

## TEAM STANDING 2013

	FAC/STAFF	STUDENT
1ST	RED	WHITE
2ND	GREEN	GREEN
3RD	YELLOW	BLUE
4TH	WHITE	YELLOW
5TH	BLUE	RED

## I. SCHEDULE

### A. FACULTY AND STAFF

GAME	TEAMS			DAY	TIME
GAME1	WHITE	VS	BLUE	27-Jan	12:00-1:15pm
GAME2	GREEN	VS	YELLOW	27-Jan	2:30-3:45pm
GAME3	RED	VS	WG1	28-Jan	7:30-8:45am
GAME4	LG1	VS	LG2	28-Jan	10:00-11:45am
GAME5	WG2	VS	WG3	28-Jan	2:15-3:30pm
GAME6	LG3	VS	WG4	29-Jan	7:30-8:45am
GAME7	LG5	VS	WG6	29-Jan	10:00-11:45am
GAME8	WG7	VS	WG5	29-Jan	2:15-3:30pm

### B. STUDENTS SCHEDULE

GAME	TEAMS			DAY	TIME
GAME1	YELLOW	VS	RED	27-Jan	1:15-2:30pm
GAME2	GREEN	VS	BLUE	27-Jan	3:45-5:00pm
GAME3	WHITE	VS	WG1	28-Jan	8:45-10:00am
GAME4	LG1	VS	LG2	28-Jan	1:00-2:15pm
GAME5	WG2	VS	WG3	28-Jan	3:30-4:45pm
GAME6	LG3	VS	WG4	29-Jan	8:45-10:00am
GAME7	LG5	VS	WG6	29-Jan	1:00-2:15pm
GAME8	WG7	VS	WG5	29-Jan	3:30-4:45pm

## STAFF-SLOW PITCH SOFTBALL RULES



**Jan. 27-29, 2014**  
**Copeland Softball Field**

Official ASA slow pitch rules shall govern play, subject to restrictions and exceptions laid down in the following rules:

**Time.** Schedule of each game will be strictly implemented. A 15 minute defaulting time will be imposed. Teams are encouraged to arrive earlier to have time to warm-up. The umpires have the right to stop the game in any inning to ensure that the schedule will be followed.

**Games.** Five (5) inning - elimination games: Seven (7) innings for championship game.

**Players.** The team shall be composed of seven (7) men and three (3) women. The game may only be started if the required 3 women are present. Failure to follow this rule means disqualification (defaulting) of the team.

**Regulation game.** A regulation game is five innings. If a game is tied at the end of the fifth inning, it is necessary to continue until the tie is broken as provided in the official rules.

**Seven-run rule.** If the team at bat has scored 7 runs in an inning, the inning ends. The seven run rule will not be implemented during the championship game.

**Ten Run Rule.** If a team is ahead by 10 runs after four innings of play, the game is complete. If the team at bat is 10 runs ahead at the end of the 3-1/2 innings or before the third out in the bottom of the fourth, the game is complete.

**Out of play.** Before starting play the umpires and team captains should review the areas of the field, foul territory and those areas that are out of play. Out of play areas must include, but are not limited to roads, parking areas, fences or rails, buildings, and infields of other diamonds in foul territory while games are in progress. Any ball crossing into the out-of-play areas is immediately considered a dead ball.

**Overthrows.** An overthrown that passes out of play is dead ball. Runners are awarded two bases from their position at the time the throw was made. On an errant throw that passes into foul territory but does not go out of play or become a blocked ball, runners may advance a maximum of two bases with the liability of being put out.



**Called Games.** If a game “under play” is called because of darkness, inclement weather, or time limit rule, the two teams involved have the option to resume the game from the exact point at which the game was called or they may declare the game a completed game (both captains should sign the scoreboard, stating “Official Game”). If both teams are not in agreement, it is the responsibility of both teams to complete the game. The game must be completed before the regular schedule is concluded. The responsibility of re-scheduling rests upon the SRC or team captains of the teams involved.

**Claiming Default.** In softball games, the team present and ready to play, at the time game is scheduled to begin, may claim a win by recording their line-up, signing and stating “default” on the official scoreboard. If the designed equipment team fails to show for the contest, their opponents must go to the shelter house, check out the scoreboard, and claim a win by recording their line-up, signing, stating “default” on the official scoreboard.

**Team.** An official team shall consist of ten players; the regular nine positions plus a short center fielder.

**Lead Off.** The base runner may not leave the base until the pitched ball has reached or passed home plate. If the batter does not hit the pitch, base runners must return to their bases immediately because the ball is dead until hit.

**Base stealing.** Under no condition the runner is permitted to steal a base.

**Bunting.** The batter is out when he/she bunts or chops the ball downwards.

**Pitcher’s Position.** The pitcher shall take a position with both feet firmly on the ground and with one or both feet in contact with, but not off the side of the pitcher’s plate. He/she must come to complete stop facing the batter, with the shoulders in line with the 1<sup>st</sup> and 3<sup>rd</sup> bases and with the ball held in one or both hands in front of the body. This position must be maintained at least one second and not more than ten seconds before starting the delivery. He/she must then deliver the ball toward home plate on the first forwards swing of the pitching arm past the hip. There shall be no stop or reversal of the forward motion.

**Legal Pitch.** A legal pitch is delivered with an underhand motion at a moderate speed with a perceptible arc of at least six feet from the ground. The pitched ball must not reach a height of more than 12 feet at its highest.





# BADMINTON

Jan. 27-29, 2014

## 1. Format

- a. Double elimination format shall be used. The Championship is knock-out game. The twice-to-beat advantage rule for the championship shall **NOT BE IN EFFECT**.
- b. Category for both students and staff:
  - i. Double-men – three (3) pairs,
  - ii. Double-women - three (3) pairs
- c. The official team line-up shall be submitted to the tournament director 5 minutes before the start of each game. No changes on the line up and pairing will be permitted. There shall be no repetition of players.

## 2. Scoring

- a. Qualifying Rounds- 1 to 15 rally points, best of three sets.
- b. Finals – 1 to 21 rally point, best of three sets. In case of a 20-20 tie, play proceeds until one team leads by 2. In case of a 30-30 tie, a sudden death will determine the set winner.

## 3. Requirements

- a. Players should be in proper attire (rubber shoes, shorts and T-shirt).
- b. Each team must be composed of six members. The team has the option to field in the same player in the mixed double category.

## 4. Schedule

STANDING 2013	FACULTY/STAFF	STUDENT
<b>Champion</b>	<b>BLUE</b>	<b>BLUE</b>
2 <sup>nd</sup>	Yellow	White
3 <sup>rd</sup>	White	Green
4 <sup>th</sup>	Red	Yellow
5 <sup>th</sup>	Green	Red

## FACULTY AND STAFF (Men)

	TEAM	VS	TEAM	TIME	DAY	VENUE
GAME 1	GREEN	VS	RED	5:30-6:30	JAN 27	BC3
GAME 2	WHITE	VS	YELLOW	6:30-7:30	JAN 27	BC3
GAME3	BLUE	VS	WG1	7:30-8:30	JAN 27	BC3
GAME 4	LG1	VS	LG2	5:30-6:30	JAN 28	BC3
GAME5	WG2	VS	WG3	6:30-7:30	JAN 28	BC3
GAME6	LG3	VS	WG4	7:30-8:30	JAN 28	BC3
GAME7	LG5	VS	WG6	6:00-7:00	JAN 29	BC3
GAME8	WG6	VS	WG7	7:00-9:00	JAN 29	BC3



### **FACULTY AND STAFF (Women)**

	<b>TEAM</b>	<b>VS</b>	<b>TEAM</b>	<b>TIME</b>	<b>DAY</b>	<b>VENUE</b>
GAME 1	GREEN	VS	RED	5:30-6:30	JAN 27	BC4
GAME 2	WHITE	VS	YELLOW	6:30-7:30	JAN 27	BC4
GAME3	BLUE	VS	WG1	7:30-8:30	JAN 27	BC4
GAME 4	LG1	VS	LG2	5:30-6:30	JAN 28	BC4
GAME5	WG2	VS	WG3	6:30-7:30	JAN 28	BC4
GAME6	LG3	VS	WG4	7:30-8:30	JAN 28	BC4
GAME7	LG5	VS	WG6	6:00-7:00	JAN 29	BC4
GAME8	WG6	VS	WG7	7:00-9:00	JAN 29	BC4

### **STUDENTS (MEN)**

<b>GAME</b>	<b>TEAM</b>	<b>VS</b>	<b>TEAM</b>	<b>DAY</b>	<b>DAY</b>	<b>VENUE</b>
GAME1	RED	VS	YELLOW	5:30-6:30	JAN 27	BC1
GAME2	WHITE	VS	GREEN	6:30-7:30	JAN 27	BC1
GAME3	BLUE	VS	WG1	7:30-8:30	JAN 27	BC1
GAME4	LG1	VS	LG2	5:30-6:30	JAN 28	BC1
GAME5	WG2	VS	WG3	6:30-7:30	JAN 28	BC1
GAME6	LG3	VS	WG4	7:30-8:30	JAN 28	BC1
GAME7	LG5	VS	WG6	6:00-7:00	JAN 29	BC1
GAME8	WG5	VS	WG7	7:00-9:00	JAN 29	BC1

### **STUDENTS (WOMEN)**

<b>GAME</b>	<b>TEAM</b>	<b>VS</b>	<b>TEAM</b>	<b>DAY</b>	<b>DAY</b>	<b>VENUE</b>
GAME1	RED	VS	YELLOW	5:30-6:30	JAN 27	BC2
GAME2	WHITE	VS	GREEN	6:30-7:30	JAN 27	BC2
GAME3	BLUE	VS	WG1	7:30-8:30	JAN 27	BC2
GAME4	LG1	VS	LG2	5:30-6:30	JAN 28	BC2
GAME5	WG2	VS	WG3	6:30-7:30	JAN 28	BC2
GAME6	LG3	VS	WG4	7:30-8:30	JAN 28	BC2
GAME7	LG5	VS	WG6	6:00-7:00	JAN 29	BC2
GAME8	WG5	VS	WG7	7:00-9:00	JAN 29	BC2



# PHILIPPINE FUN GAMES

Jan 27, 2014  
Lower parade ground  
After the opening ceremony

These are events for the faculty and staff and students. The events to be played are:

Tug-of-war

- a. Plank Walk
- b. Modified Sack Race

The **Plank Walk** and **Modified Sack Race** shall be a single course game with the rankings/placings shall be based on best times.

## TUG-OF-WAR JANUARY 27, 2014 AFTER THE OPENING CEREMONIES

### Mechanics

1. Tug-of-War will be a double elimination format.
2. 8-PERSONs composed a team. TEAMS CAN CHANGE PLAYER AFTER EACH PULL
3. Gloves shall be allowed.
4. Single-pull elimination will be implemented. Best of three-pull will be implemented only during the championship game. TEAMS CAN ONLY CHANGE PLAYER AFTER THE SECOND PULL



## FACULTY AND STAFF

	MEN			WOMEN		
	TEAM	VS	TEAM	TEAM	VS	TEAM
GAME 1	BLUE	VS	WHITE	RED	VS	WHITE
GAME 2	RED	VS	GREEN	BLUE	VS	GREEN
GAME3	YELLOW	VS	WG1	YELLOW	VS	WG1
GAME 4	LG1	VS	LG2	LG1	VS	LG2
GAME5	WG2	VS	WG3	WG2	VS	WG3
GAME6	LG3	VS	WG4	LG3	VS	WG4
GAME7	LG5	VS	WG6	LG5	VS	WG6
GAME8	WG6	VS	WG7	WG6	VS	WG7

## STUDENT

	MEN			WOMEN		
	TEAM	VS	TEAM	TEAM	VS	TEAM
GAME 1	RED	VS	YELLOW	RED	VS	YELLOW
GAME 2	WHITE	VS	BLUE	WHITE	VS	BLUE
GAME3	GREEN	VS	WG1	GREEN	VS	WG1
GAME 4	LG1	VS	LG2	LG1	VS	LG2
GAME5	WG2	VS	WG3	WG2	VS	WG3
GAME6	LG3	VS	WG4	LG3	VS	WG4
GAME7	LG5	VS	WG6	LG5	VS	WG6
GAME8	WG6	VS	WG7	WG6	VS	WG7



## 5. Schedule of pull

Pull	Game
1	GAME 1 FAC/STAFF MEN
2	GAME 2 FAC/STAFF MEN
3	GAME 1 FAC/STAFF WOMEN
4	GAME 2 FAC/STAFF WOMEN
5	GAME 1 STUDENT MEN
6	GAME 2 STUDENT MEN
7	GAME 1 STUDENT WOMEN
8	GAME 2 STUDENT WOMEN
9	GAME 3 FAC/STAFF MEN
10	GAME 4 FAC/STAFF MEN
11	GAME 3 FAC/STAFF WOMEN
12	GAME 4 FAC/STAFF WOMEN
13	GAME 3 STUDENT MEN
14	GAME 4 STUDENT MEN
15	GAME 3 STUDENT WOMEN
16	GAME 4 STUDENT WOMEN
17	GAME 5 FAC/STAFF MEN
18	GAME 6 FAC/STAFF MEN
19	GAME 5 FAC/STAFF WOMEN
20	GAME 6 FAC/STAFF WOMEN
21	GAME 5 STUDENT MEN
22	GAME 6 STUDENT MEN
23	GAME 5 STUDENT WOMEN
24	GAME 6 STUDENT WOMEN
25	GAME 7 FAC/STAFF MEN
26	GAME 7 FAC/STAFF WOMEN
27	GAME 7 STUDENT MEN
28	GAME 7 STUDENT WOMEN
29	<b>GAME 8 FAC/STAFF MEN- CHAMPIONSHIP</b>
30	<b>GAME 8 FAC/STAFF WOMENMEN- CHAMPIONSHIP</b>
31	<b>GAME 8 STUDENTS MEN- CHAMPIONSHIP</b>
32	<b>GAME 8 STUDENTS WOMENMEN- CHAMPIONSHIP</b>



## PLANK WALK

1. The four events in the Plank Walk are:
  - A. Men Faculty/Staff – composed of 5 members
  - B. Women Faculty/Staff – composed of 5 members
  - C. Men Student – composed of 5 members
  - D. Women Student – composed of 5 members
2. There are only 2 set of planks. One Student team and one Faculty/Staff team will run the course together but will not be competing against one another. Best time will determine the ranking for each team/ category. The proposed order is as follows:

	STUDENT	PAIRED WITH	FACULTY/ STAFF
GAME 1 (Women)	WHITE		YELLOW
GAME 2 (Women)	RED		BLUE
GAME 3 (Women)	GREEN		RED
GAME 4 (Women)	YELLOW		GREEN
GAME 5 (Women)	BLUE		WHITE
GAME 6 (Men)	BLUE		RED
GAME 7 (Men)	GREEN		WHITE
GAME 8 (Men)	YELLOW		BLUE
GAME 9 (Men)	WHITE		YELLOW
GAME 10 (Men)	RED		GREEN

## MODIFIED SACK RACE

1. The four events in the sack race are:
  - A. Men Faculty/Staff – composed of 5 members
  - B. Women Faculty/Staff – composed of 5 members
  - C. Men Student – composed of 5 members
  - D. Women Student – composed of 5 members
2. Each team shall be provided with a large jute sack.
3. The first player of each team shall go inside the sack and hop around the obstacle and back to the finish line.
4. The next player also goes inside the sack and both players will hop to the obstacle and back to the finish line.
5. The third player will then join the group and hop with them to the finish line, and so on.
6. Since there are only 2 sacks, the one Student team and one Faculty/Staff team will run the course together but will not be competing against one another. Best time will determine the ranking for each team/ category. The proposed order is as follows:



	STUDENT	PAIRED WITH	FACULTY/ STAFF
GAME 1 (Women)	WHITE		YELLOW
GAME 2 (Women)	RED		BLUE
GAME 3 (Women)	GREEN		RED
GAME 4 (Women)	YELLOW		GREEN
GAME 5 (Women)	BLUE		WHITE
GAME 6 (Men)	BLUE		RED
GAME 7 (Men)	GREEN		WHITE
GAME 8 (Men)	YELLOW		BLUE
GAME 9 (Men)	WHITE		YELLOW
GAME 10 (Men)	RED		GREEN



# CHESS

Jan. 27-29, 2014

1. The chess competition will follow the round-robin format for five participating teams with two categories:
  - a. Faculty and Staff (mixed)
  - b. Students (mixed)
2. Each team is allowed to enlist as many as 10 players and as few as 4 players in each category as each team is to be represented by 8 board players (4 for faculty and staff and 4 for students). The player line-ups and board assignments will be simultaneously submitted to the tournament officials. The matchups will be announced just before each game starts. Afterwards, no changes in the line-up will be entertained.
3. Chess competition starts on Jan 27 and ends on Jan 29, 2014 at the CHE Multipurpose Hall.
4. The new Match Point format will be followed:
  - a. 2 points for teams scoring 2.5-1.5 win or better
  - b. 1 point for 2-2 draw
  - c. 0 for a 1.5-2.5 loss or worse
5. An arbitration committee composed of the team captains of the 5 participating teams will decide on issues involving the conducted games should some technicality arise. In a match between two teams – the captains of the three other teams will come-up with a suggestion as to resolve the issues arising in the game under question.
6. TIME-CONTROL is one (1) hour per player. Any violation in the game should be addressed to the tournament arbiter or the arbitration committee.
7. In case of a tie at the end of the competition, the following tie-break system will be used:
  - a. Winner over the other
  - b. Aggregate scores
  - c. Number of games won with black team
  - d. Number of games won by Board One player
  - e. Blitz Tie-Break for the four Boards of tied Teams (5 min)
  - f. Sudden death for Board 1
8. Draws can be reached either: a) players mutually agreed, b) book draws, c) repetition of moves (3)/positions (3).





9. Players are required to list their moves. If only five minutes are left for the player to make a move he/she can opt not to write down moves but check the remaining moves left.
10. Only the first two boards will be given clocks (if there are any). Should there be available clocks, the other boards will be given subject to the time remaining for the duration of the game (with each player equally dividing the remaining time between them).
11. Each team should bring 2 chess boards and 1 chess clock.

### **FACULTY AND STAFF**

<b>ROUND</b>	<b>DATE</b>	<b>TIME</b>	<b>WHITE BOARD 1</b>		<b>BLACK BOARD 1</b>
Round 1	JAN 27	1-4 PM	BLUE	vs	YELLOW
			RED	vs	WHITE
Round 2		1-4 PM	GREEN	vs	RED
			WHITE	vs	BLUE
Round 3	JAN 28	8-11 AM	YELLOW	vs	RED
			WHITE	vs	GREEN
Round 4		1-4 PM	RED	vs	BLUE
			GREEN	vs	YELLOW
Round 5	JAN 29	8-11 AM	BLUE	vs	GREEN
			YELLOW	vs	WHITE



## STUDENTS

ROUND	DATE	TIME	WHITE BOARD 1		BLACK BOARD 1
Round 1	JAN 27	8-11 AM	BLUE	vs	YELLOW
			RED	vs	WHITE
Round 2		1-4 PM	GREEN	vs	RED
			WHITE	vs	BLUE
Round 3	JAN 28	8-11 AM	YELLOW	vs	RED
			WHITE	vs	GREEN
Round 4		1-4 PM	RED	vs	BLUE
			GREEN	vs	YELLOW
Round 5	JAN 29	8-11 AM	BLUE	vs	GREEN
			YELLOW	vs	WHITE



## **DAMA**

**Jan 27-29, 2014**

1. The dama competition (OPEN) will follow the round-robin format for the five participating teams for the Faculty and Staff and students.
2. Each team is required to field 4 players. The player line-ups and board assignments will be simultaneously submitted to the tournament officials. The matchups will be announced just before each game starts. Afterwards, no changes in the line-up will be entertained.
3. The match will be best of three games. A win is equivalent to 1 point, 0.5 point for draw and 0 for loser. It will be touched move.
4. The new Match Point format will be followed:
  - a. 2 point for teams scoring 2.5-1.5 win or better
  - b. 1 point for 2-2 draw
  - c. 0 for a 1.5-2.5 loss or worse

Dama competition starts on Jan. 27, 2014 and ends on Jan 29, 2014 at the CHE Main Lobby.

5. An arbitration committee composed of the team captains of the 5 participating teams will decide on issues involving the conducted games should some technicality arise. In a match between two teams – the captains of the three other teams will come-up with a suggestion as to resolve the issues arising in the game under question.
6. Any violation in the game should be addressed to the tournament arbiter or the arbitration committee.
7. In case of a tie at the end of the competition, the following tie-break system will be used:
  - a. Winner Over the Other
  - b. Aggregate scores
  - c. Number of games won by Board One player
8. Draws can be reached either: a) players mutually agreed, b) book draws. In case one player have 3 pieces left and the other player with one piece (“lahat nakadama na”) but the single piece is positioned at the “strategic” middle diagonal line of the board, if the single piece could not be mated in 12 moves, it is considered as a draw.
9. Each team is required to bring 2 boards.



# DAMA

## FACULTY AND STAFF

ROUND	DATE	TIME	TEAM		TEAM
Round 1	JAN 27	8-11 AM	BLUE	VS	YELLOW
			RED	VS	WHITE
Round 2		1-4 PM	GREEN	VS	RED
			WHITE	VS	BLUE
Round 3	JAN 28	8-11 AM	YELLOW	VS	RED
			WHITE	VS	GREEN
Round 4		1-4 PM	RED	VS	BLUE
			GREEN	VS	YELLOW
Round 5	JAN 29	8-11 AM	BLUE	VS	GREEN
			YELLOW	VS	WHITE

## STUDENTS

ROUND	DATE	TIME	TEAM		TEAM
Round 1	JAN 27	8-11 AM	BLUE	VS	YELLOW
			RED	VS	WHITE
Round 2		1-4 PM	GREEN	VS	RED
			WHITE	VS	BLUE
Round 3	JAN 28	8-11 AM	YELLOW	VS	RED
			WHITE	VS	GREEN
Round 4		1-4 PM	RED	VS	BLUE
			GREEN	VS	YELLOW
Round 5	JAN 29	8-11 AM	BLUE	VS	GREEN
			YELLOW	VS	WHITE



# SCRABBLE

Jan 27-29, 2014

1. The scrabble competition (OPEN) will follow the round-robin format for the five participating team.
2. Each team is required to field 4 players. The player line-ups and board assignments will be simultaneously submitted to the tournament officials. The matchups will be announced just before each game starts. Afterwards, no changes in the line-up will be entertained.
3. Each player will be given 2 minutes to form a word on the board.
4. The total accumulated points after the final round will serve as the basis for the final standing/ placing.
12. Scrabble competition shall be played on Jan 27 to 28, 2014 at the CHE Multipurpose Hall.
5. An arbitration committee composed of the team captains of the 5 participating teams will decide on issues involving the conducted games should some technicality arise. In a match between two teams- the captain of the three other teams will come-up with a suggestion as to resolve the issues arising in the game under question.
6. In case of tie at the end of the competition, the following tie-break system will be used:
  - a. Winner Over the Other based on the aggregate score
  - b. Winner on board 1
  - c. Winner on board 2 (or 3 or 4)
7. Each team should bring at least 2 scrabble boards and a dictionary.
8. In case, a person acting as timer is needed to check if the time allotted is being followed, the 4<sup>th</sup> player on the rotation will serve as the timer for the 1<sup>st</sup> player.
9. Default time is 15 minutes.
10. Games shall be played using the following sequence:



## **FACULTY AND STAFF**

	<b>DATE</b>	<b>TIME</b>	
Round 1	JAN 27	1-3 PM	Blue vs. Yellow vs. Red vs. White
Round 2	JAN 27	3-5 PM	Green vs. Red vs. White vs. Blue
Round 3	JAN 28	8-10 AM	Yellow vs. Red vs. White vs. Green
Round 4	JAN 28	10-12 PM	Red vs. Blue vs. Green vs. Yellow
Round 5	JAN 28	1-3PM	Blue vs. Green vs. Yellow vs. White

## **STUDENTS**

	<b>DATE</b>	<b>TIME</b>	
Round 1	JAN 27	1-3 PM	Blue vs. Yellow vs. Red vs. White
Round 2	JAN 27	3-5 PM	Green vs. Red vs. White vs. Blue
Round 3	JAN 28	8-10 AM	Yellow vs. Red vs. White vs. Green
Round 4	JAN 28	10-12 PM	Red vs. Blue vs. Green vs. Yellow
Round 5	JAN 28	1-3PM	Blue vs. Green vs. Yellow vs. White



## SWIMMING

All swimming events: Jan 29, 2014

TIME: 7: 00 AM

**Categories and events are as follows:**

(WOMEN-STUDENT,MEN-STUDENT,WOMEN-FACULTY & STAFF, MEN-FACULTY & STAFF)

50M BUTTERFLY  
50M BACKSTROKE  
50M BREAST STROKE  
50M FREESTYLE  
\*25M BUTTERFLY  
\*25M BACKSTROKE  
\*25M BREAST STROKE  
\*25M FREESTYLE  
\*100M INDIVIDUAL MEDLEY  
\*4x25m FREESTYLE RELAY  
\*4X25M MEDLEY RELAY

### SCORING

1ST- 15 PTS

(\*EVENT FOR FACULTY & STAFF)

2ND- 7 PTS

EACH SWIMMER HAS A MAXIMUM OF 5 ENTRIES ONLY

FOR

3RD- 3 PTS

INDIVIDUAL EVENT

SELWYN C. ROBLES

Event Manager

Prof. NAOMI ENRIQUEZ

Event Manager



# **THUNDER GAMES**

**Minute-to-win-It**

**Special Events**

**JAN 30, 2014**

**2:00 pm**

**Copeland Gym**

## **Game Rules:**

1. Each player needs to accomplish the task in 60 seconds or less to win the game.
2. A player needs to be an official staff or faculty of the University and should be at least 55 years old on the day of the event.
3. Each team will have 5 players, one for each game level.
4. Best time for each level will get 6 points, 2<sup>nd</sup> best 5 points, 3<sup>rd</sup> best 4 points, 4<sup>th</sup> best 3 points and last 2 point, 1 for each unsuccessful level and 0 for default. Highest total team points will be the champion.

## **THE GAME TASK**

### **Level 1. Johnny Applestack**

#### **Materials:**

- 25 apples (5 for each team)
- 5 tables

Stacking 5 red delicious apples in a tower fashion, called Johnny Apple Stack is another game that is easy to duplicate at home. Using several red delicious apples, the contestant must stack the apples end on end to create a tower that is 5 apples high. The tower must remain standing for 3 seconds.

### **Level 2. Moving on Up**

#### **Materials:**

- 5 pcs. colored 32 oz. durable plastic cups (any color)
- 200 pcs. White 32 oz. durable plastic cups. (same design as the colored ones)

Moving On Up is a simple game that requires 39 large plastic cups of the same color, (like SOLO 32 oz cups) and one cup of the same style in a different color. Stack the 40 cups with the odd color on the bottom. The object of the game is to move each of the 39 cups to the bottom of the stack, which will move the position of the odd colored cup, using alternating hands and then the odd color cup back to its original place at the bottom. This challenge is great for all ages.





### Level 3. Mega Bubble Challenge

#### Materials:

- 5 bottles of children's bubbles with ring.
- 5 hula hoops
- 5 persons to hold the hula hoops

The Mega Bubble Challenge is another game that is easy to duplicate at home. The player is given children's bubbles and has to blow bubbles and move one across the room by blowing on it. The game is won when the player gets one bubble from point A to point B and through a large ring, like a hula hoop. This is not as easy as it sounds as you have keep blowing bubbles until you have one that is dense enough to move across the room. If the bubble is blown to high in the air, it cannot be controlled and more bubbles must be blown.

### Level 4. This Blows

#### Materials:

- 10 large balloons (not inflated)
- 25 plastic cups (5 for each team)
- 5 tables

As seen on previous Minute to Win It episodes, contestants have been challenged to compete in a game called This Blows in which the player has to blow up a balloon and use the air in the balloon to blow 15 cups off of a table. The balloon can be blown up as many times as necessary to accomplish this task in 60 seconds.

### Level 5. Noodling Around

#### Materials:

- 30 penne uncooked pasta or salad macaroni ( 6 for each team)
- 5 uncooked spaghetti (1 for each team)
- 5 tables

1) Prior to game start, contestant must stand with hands at sides.

2) Once the game begins, the contestant may grab the spaghetti noodle and place it into their mouth.



- 3) Once the spaghetti noodle is placed in their mouth, the contestant may not use their hands to complete the game.
- 4) The contestant must be careful not to break the spaghetti. Should the spaghetti break, the game may continue, but all six penne noodles must still fit onto the spaghetti noodle outside of the mouth.
- 5) Penne may fall off spaghetti during an attempt, but only remains in play if it lands directly on the table.
- 6) Penne may touch lips, but may not enter the mouth.
- 7) To complete the game, the contestant must hold a spaghetti noodle with the mouth while picking up and holding six pieces of penne with it, so that they remain concurrently on the spaghetti within the allotted 60-second time limit and remain that way for three consecutive seconds.



## **CLOSING PROGRAM**

January 30, 2014  
4:00 pm; Copeland Gym

### **Cheer Dance Competition (4:00 pm)**

Masters of Ceremony:

Ms. Gemaima Evangelista and Mr. Gillian Consignado

### **Dance Sports/Ballroom Competition (6:00 pm)**

Masters of Ceremony:

Ms. Noemi Enriquez and Prof. Mark Lester Chico

### **Intermission Numbers**

### **Awarding Ceremony**

Masters of Ceremony:

Ms. Fevi Rose Paro and Mr. Nepthaly Botor

Awarding of the Host

Awarding of Student Champion, Faculty and Staff Champion and Overall Champion  
(4<sup>th</sup> Place to Champion)

Thank you message – Dean Marites G. Yee

Passing of the Torch (to the Host of Palarong UPLB 2015 - **College of Agriculture**)