



PESTA SUKAN 2025
PENCAK SILAT
12, 13, 19, 20 JULY 2025
COMPETITION TECHNICAL HANDBOOK

1. ORGANIZER ACTIVESG & SINGAPORE SILAT FEDERATION (PERSISI)

Address : 11 Bedok North Street 1, #04-02, Singapore 469662
Telephone : +65 6282 2316

2. COMPETITION DETAILS

Date : 12, 13, 19, 20 July 2025
Time : 1000Hr onwards
Venue : ActiveSG Pasir Ris Sport Centre, Pasir Ris Sports Hall
 120 Pasir Ris Central, Singapore 519640

Organizer reserves the right to amend the competition schedule. Any changes will be shared with all participating team.

3. REGISTRATION INFORMATION

Registration Period : 03 May to 13 June 2025
Submission To : ssf@persisi.org.sg and fazlin@persisi.org.sg
Team Manager : 05 July 2025, 1430Hr
Briefing & Balloting Heartbeat @ Bedok
 11 Bedok North Street 1, Singapore 469662

4. COMPETITION RULES

- i. There will be no VAR Protest for this Pesta Sukan 2025. Coaches may raise their protest card to request Jury Verification.
- ii. All other aspects of the competition are based on the International Pencak Silat Federation (PERSILAT) Pencak Silat Competition Rules (9th October 2023, Version 7).
- iii. Should there be any issues raised beyond the rules and regulations, the Organizer decision is final.

5. REGISTRATION

- i. Registration must be completed through both MyActiveSG+ website and the Singapore Silat Federation separately.
- ii. Registration shall be done by the Team Manager, or someone designated to take charge of the Team.
- iii. Team Manager are to submit their registration to ssf@persisi.org.sg and fazlin@persisi.org.sg
- iv. The submission deadline for each individual form is as follow:-
 - a. Entry by Number 23 May 2025
 - b. Entry by Name 13 June 2025
 - c. Participation Agreement Form 13 June 2025
 - d. Pencak Silat Medical Form 05 July 2025
- v. The closing date for submission is 13 June 2025.
- vi. It is the responsibility of the Team Managers to verify and ensure that the submission is accurate, and information of the participants is valid.
- vii. Submissions will not be processed if any information submitted is incorrect/incomplete.

6. PARTICIPATION FEE AND PAYMENT

- i. The participation fee is as follows:-
 - a. Individual Event : \$10.00
 - b. Artistic Double : \$20.00
 - c. Artistic Team : \$30.00
- ii. Payment will be made through MyActiveSG+ website.

7. QUALIFICATIONS

- Criterion #1 : Only Ordinary/Associate Member that is currently affiliated with Singapore Silat Federation are eligible to compete. Team must compete under the affiliated association name.
- Criterion #2 : National Schools are also eligible to participate to compete in the Tertiary category.
- Criterion #3 : Participants are required to produce a completed Pencak Silat Medical Form with Doctor's clearance.

Criterion #4 : Each team is only allowed to submit a maximum of 2 participants per event for Pre Teen, Pre Junior, Junior, Senior and Tertiary (*For National Schools Only*) Category.

8. AGE DIVISION & EVENTS

AGE DIVISION	AGE <i>(As of 2025)</i>	YEAR BIRTHED	EVENTS
SINGA	3 TO 6	2019 TO 2022	Match
MACAN	7 TO 9	2016 TO 2018	Match
PRE TEEN	10 TO 11	2014 & 2015	Match
PRE JUNIOR	12 TO 13	2012 & 2013	Match
JUNIOR	14 TO 16	2009 TO 2011	Match, Tunggal, Ganda, Regu, Solo Creative
SENIOR	17 TO 45	1980 TO 2008	Match, Tunggal, Ganda, Regu, Solo Creative
TERTIARY	17 TO 45	1980 TO 2008	Match, Tunggal, Ganda, Regu, Solo Creative

Note:

- i. *SSF National Senior Elite Athlete Team 1 and Team 2 will not participate in Pesta Sukan 2025 due to their preparation for upcoming international competitions.*
- ii. *Tertiary Event is only open for Schools.*

9. METHOD OF COMPETITION

SINGA AND MACAN

- i. Each team can send a maximum of 20 Singa Athlete, and 30 Macan Athletes.
- ii. Athletes will be classified into categories based on their height and weight.
 - a. Team Manager must ensure that the information submitted are accurate.
- iii. Match events consist of 2 rounds of 1 minute and 30 seconds each, with a 1-minute break between rounds. Timing continues during referee stoppages, except for during verification, medical attention, request by Chairman/Wasit or other urgent matters.

PRE TEEN, PRE JUNIOR, JUNIOR, SENIOR AND TERTIARY

- i. Each team can send a maximum of two entries per event.
- ii. For an event to be competed, a minimum of two entries must submitted. If only one entry is submitted, the event will not be contested.
- iii. The elimination system will be the knock-out system. The winner will proceed to the next bracket, all the way up to the finals. The individual that fails at the semi round will share a joint bronze.
- iv. No athlete may be replaced by another after drawing has taken place.
- v. For Pre Teen, match events consist of 3 rounds of 1 minute and 30 seconds each, with a 1-minute break between rounds. Timing continues during referee stoppages, except for during verification, medical attention, request by Chairman/Wasit, or other urgent matters.
- vi. For Pre Junior, Junior, Senior and Tertiary, match events consist of 3 rounds of 2 minutes each, with a 1-minute break between rounds. Timing continues during referee stoppages, except for during verification, medical attention, request by Chairman/Wasit, or other urgent matters.
- vii. The Tunggal and Regu performances consist of a 3-minute fixed artistic movement routine. A tolerance period of ± 5 seconds is allowed without incurring any penalties.
- viii. Ganda is a 3-minutes choreographed artistic fight scenes. A tolerance period of ± 5 seconds is allowed without incurring any penalties.
- ix. The Solo Creative performance is a choreographed routine with a duration ranging from 1 minute 30 seconds to 3 minutes. Accompanying audio is permitted.

10. WEIGHT CATEGORIES

i. Pre Teen (10 to 11 Years Old)

MALE	CLASS	FEMALE
26kg to 28kg	A	26kg to 28kg
Over 28kg to 30kg	B	Over 28kg to 30kg
Over 30kg to 32kg	C	Over 30kg to 32kg
Over 32kg to 34kg	D	Over 32kg to 34kg
Over 34kg to 36kg	E	Over 34kg to 36kg
Over 36kg to 38kg	F	Over 36kg to 38kg
Over 38kg to 40kg	G	Over 38kg to 40kg
Over 40kg to 42kg	H	Over 40kg to 42kg
Over 42kg to 44kg	I	Over 42kg to 44kg
Over 44kg to 46kg	J	Over 44kg to 46kg
Over 46kg to 48kg	K	Over 46kg to 48kg
Over 48kg to 50kg	L	Over 48kg to 50kg
Over 50kg to 52kg	M	Over 50kg to 52kg
Over 52kg to 54kg	N	Over 52kg to 54kg
Over 54kg to 56kg	O	Over 54kg to 56kg
Over 56kg to 58kg	P	Over 56kg to 58kg
Over 58kg to 60kg	Q	Over 58kg to 60kg
Over 60kg to 62kg	R	Over 60kg to 62kg
Over 62kg to 64kg	S	Over 62kg to 64kg
Over 64kg to 68kg	OPEN	Over 64kg to 68kg

ii. Pre Junior (12 to 13 Years Old)

MALE	CLASS	FEMALE
30kg to 33kg	A	30kg to 33kg
Over 33kg to 36kg	B	Over 33kg to 36kg
Over 36kg to 39kg	C	Over 36kg to 39kg
Over 39kg to 42kg	D	Over 39kg to 42kg
Over 42kg to 45kg	E	Over 42kg to 45kg
Over 45kg to 48kg	F	Over 45kg to 48kg
Over 48kg to 51kg	G	Over 48kg to 51kg
Over 51kg to 54kg	H	Over 51kg to 54kg
Over 54kg to 57kg	I	Over 54kg to 57kg
Over 57kg to 60kg	J	Over 57kg to 60kg
Over 60kg to 63kg	K	Over 60kg to 63kg
Over 63kg to 66kg	L	Over 63kg to 66kg
Over 66kg to 69kg	M	Over 66kg to 69kg
Over 69kg to 72kg	N	Over 69kg to 72kg
Over 72kg to 75kg	O	Over 72kg to 75kg
Over 75kg to 78kg	P	Over 75kg to 78kg
Over 78kg to 84kg	OPEN	Over 78kg to 84kg

iii. Junior (14 to 16 Years Old)

MALE	CLASS	FEMALE
Under 39kg	< 39	Under 39kg
Over 39kg to 43kg	A	Over 39kg to 43kg
Over 43kg to 47kg	B	Over 43kg to 47kg
Over 47kg to 51kg	C	Over 47kg to 51kg
Over 51kg to 55kg	D	Over 51kg to 55kg
Over 55kg to 59kg	E	Over 55kg to 59kg
Over 59kg to 63kg	F	Over 59kg to 63kg
Over 63kg to 67kg	G	Over 63kg to 67kg
Over 67kg to 71kg	H	Over 67kg to 71kg
Over 71kg to 75kg	I	Over 71kg to 75kg
Over 75kg to 79kg	J	Over 75kg to 79kg
Over 79kg to 83kg	K	
Over 83kg to 87kg	L	
Over 87kg to 100kg	OPEN 1	Over 79kg to 92kg
Above 100kg	OPEN 2	Above 92kg

iv. Senior & Tertiary (17 to 45 Years Old)

MALE	CLASS	FEMALE
Under 45kg	< 45	Under 45kg
Over 45kg to 50kg	A	Over 45kg to 50kg
Over 50kg to 55kg	B	Over 50kg to 55kg
Over 55kg to 60kg	C	Over 55kg to 60kg
Over 60kg to 65kg	D	Over 60kg to 65kg
Over 65kg to 70kg	E	Over 65kg to 70kg
Over 70kg to 75kg	F	Over 70kg to 75kg
Over 75kg to 80kg	G	Over 75kg to 80kg
Over 80kg to 85kg	H	Over 80kg to 85kg
Over 85kg to 90kg	I	
Over 90kg to 95kg	J	
Over 95kg to 110kg	OPEN 1	Over 85kg to 100kg
Above 110kg	OPEN 2	Above 100kg

11. WEIGH IN

- i. Official weigh-in of participants will be done on the morning of competition day, only for participants who are scheduled to compete on the day.
- ii. Participants are to report in standard Pencak Silat Uniform and bring along a form of identification for verification purpose.
- iii. Participants will be given a choice to weigh in wearing the standard Pencak Silat Uniform, or strip down. However, only one attempt at official weigh-in will be allowed.
- iv. There will be no weight tolerance for this competition. Participants that fail their official weigh-in will be disqualified.
- v. Team officials will need to be present during the official weigh-in process.

12. SCORING POINTS

MATCH EVENT

Technical scores are given as below:

1. Successful & visible hand attack / contact = 1 Point
2. Successful & visible leg attack / contact = 2 Points
3. Successful dropping technique = 3 Points

To obtain a technical score, an athlete must apply the Pencak Silat Principle: Step Pattern (Pola Langkah), On Guard Position (Sikap Pasang), Attack / Defend.

Scoring area attacks are limited to the following areas:

1. Chest
2. Abdominal
3. Left and Right Ribs
4. Back part of the trunk

Criteria for Decision

1. Win by Points
 - a. In the event where there is a tie, the winner will be determined based on:
 - i. Least penalty score
 - ii. Most technical score
 - iii. Additional Round
 - iv. Sudden Death: First player to obtain a technical score will win
2. Win by Technical Knock Out (TKO)
3. Win by Absolute Victory
4. Win by Referee Stop Contest (RSC)
5. Win by Walkover
6. Win by Disqualification

ARTISTIC EVENT

Tunggal and Regu

In assessing the performance of an athlete or team, the Juri will evaluate the performance based on Firmness of Performance and Accuracy of Movement, while the Council will keep tab of other penalties. Firmness score includes the following:

1. Movement
2. Movement rhythm
3. Movement soulfulness
4. Power and stamina

The performance is evaluated from the first gong strike till the end of the routine.

Ganda and Solo Creative

In assessing the performance of a team, the Juri will evaluate the performance based on the following:

1. Attack-defence technique
2. Firmness
3. Soulfulness

The performance is evaluated from the first gong strike till the last movement as stated in the synopsis form. Team Manager must submit a clear and complete synopsis form before the start of the event.

If the score is equal at the end of their performance, the winner will be determined by:

1. Lesser penalty point
2. Timing nearest to 3 minutes
3. Lower standard deviation
4. Juri Vote

Penalty scores will be issued by the Council for the following reasons:

1. Exceeding the time tolerance period.
 - a. Not more than 10 seconds for Junior and Senior
 - b. If timing exceeds the 10 seconds tolerance, team will be disqualified.
2. Performance exceed the 10m-by-10m arena
3. Dropping of weapon, touching the floor (*Tunggal Only*)
4. Performance not in accordance with the synopsis submitted (*Ganda and Solo Only*)

5. Weapons fall out of the arena while team is still required to use them (*Ganda and Solo Only*)
6. Holding a movement exceeding 5 seconds (*Tunggal, Ganda and Regu Only*)
7. Attire is not according to prescription.
 - a. Part of the attire falls out. (*Tunggal, Regu and Solo Only*)
 - b. Top and Bottom are different color (*Tunggal, Ganda and Solo Only*)

13. EQUIPMENT AND UNIFORM

- i. The Digital Scoring System will be used throughout the course of the competition.
- ii. Athletes can use personal body protectors or those provided by the organizer. Only PERSILAT and/or PERSISI approved body protectors should be worn; participants who wear unapproved body protectors will not be permitted to compete.
- iii. Participants are required to bring their own groin guards for personal use.
- iv. For Tunggal, Ganda and Solo Creative events, participants are allowed to wear colored uniform and must complete their attire with a set of Tanjak and Samping.
- v. Glasses are not allowed, unless it is a sport goggle with elastic band. Soft contact lenses can be worn at athletes' own risk.
- vi. Only a plain black head scarf, tucked into the uniform, is allowed for female athletes who don the Hijab.

14. COACH REQUIREMENTS

- i. Coaches must be above 21 years old.
- ii. Coaches cannot compete in this competition.
- iii. Coaches cannot be from SSF National Senior Elite Athlete Team 1 and Team 2.

15. AWARD & CLASSIFICATION OF RESULTS

- i. The following individual prizes will be awarded

Match, Artistic Tunggal, Artistic Solo Creative

1st Placing : 1 Gold Medal
2nd Placing : 1 Silver Medals
3rd Placing : 2 Bronze Medals

Artistic Ganda

1st Placing : 2 Gold Medals
2nd Placing : 2 Silver Medals
3rd Placing : 4 Bronze Medals

Artistic Regu

1st Placing : 3 Gold Medals
2nd Placing : 3 Silver Medals
3rd Placing : 6 Bronze Medals

- ii. There will be no overall champion or trophy for this Pesta Sukan 2025.

16. TEAM MANAGER BRIEFING & DRAWING OF LOT

- i. Team Manager Briefing will be held on 05 July 2025 (Saturday) at Heartbeat@Bedok, 11 Bedok North Street 1, Singapore 469662
- ii. Drawing of lots will be conducted via computerized random draw, in the presence of the team managers.
- iii. Team Manager may write in to Organizing Committee at ssf@persisi.org.sg and/or fazlin@persisi.org.sg for competition related matters.
- iv. All forms of communication from the Organizing Committee will be directed to the Team Manager.

17. PROTEST MATTERS

Coach Protest

- i. The Corner Coach is required to stand within the Coach Box area, holding the protest card in a firm and extended right hand. The Corner Coach may clearly state "BLUE PROTEST" or "RED PROTEST" once.
 - a. No protest can be made after a Juri Verification.
- ii. The council will approach the coach with a microphone. The coach has 10 seconds to present the protest to the Competition Chairman.
- iii. The Competition Chairman will request for Juri Verification. The result from the Juri Verification is final.
- iv. The protest card will not be returned to Coaches.

Team Manager Protest

- i. There will be no Team Manager protest.

18. DECLARATION & INDEMNITIES

- i. The Team Manager is responsible for ensuring that the parents of participants (*for athletes who are under the legal age limit*) personally sign the indemnity forms. The Team Manager will be held accountable for any instances of falsified signatures on these forms.
- ii. The Team Manager or Coach(es) are responsible for ensuring that participants are adequately prepared and in good health for the competition. The Team Manager or Coach(es) should withdraw any participant who is unwell on the day of the competition.

COMPETITION SCHEDULE & IMPORTANT DATES

DATE	TIME	DETAIL	VENUE
23 MAY	BY 2200HR	Submission Deadline for Entry by Number	Submitted Via Email
13 JUN	BY 2200HR	Submission Deadline for Entry by Name, And Other Forms	Submitted Via Email
05 JUL	1400HR	Registration of TM	Heartbeat@Bedok
	1430HR – 1630HR	Team Manager Briefing & Balloting Process	Heartbeat@Bedok
11 JUL	1800HR	Rehearsals For Opening Ceremony	Pasir Ris Sports Hall
	2000HR	Technical Officials Briefing	Pasir Ris Sports Hall
12 & 13 JUL	0800Hr	Weigh In	Pasir Ris Sports Hall
	1000HR ONWARDS	Artistic Match	Pasir Ris Sports Hall
18 JUL	2000HR	Rehearsals For Closing Ceremony	Pasir Ris Sports Hall
19 & 20 JUL	0800Hr	Weigh In	Pasir Ris Sports Hall
	1000HR ONWARDS	Match	Pasir Ris Sports Hall

- i. *The official weigh-in of participants will be done on the morning of competitions day, only for participants who are scheduled to compete on the day.*
- ii. *Weapon inspection for artistic events will be conducted prior to the start of the artistic bouts.*
- iii. *The schedule above may be subjected to changes.*