



PESTA SUKAN 2026
PENCAK SILAT
04, 05, 11, 12 JULY 2026
COMPETITION TECHNICAL HANDBOOK

1. ORGANIZER ACTIVE SG & SINGAPORE SILAT FEDERATION (PERSISI)

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

2. COMPETITION DETAILS

Date : 04, 05, 11, 12 July 2026
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 : 01 May to 12 June 2026
Submission To : MyActiveSG+ Website & SSF Google Form
Team Manager : 26 June 2026 (Friday), 1930Hr
Briefing & Balloting Heartbeat @ Bedok, ActiveSG Silat Hall
 Level 4, 11 Bedok North Street 1, Singapore 469662

4. COMPETITION RULES

- i. There will be no VAR Protest for this Pesta Sukan 2026. Coaches may raise their protest card to request Jury Verification.
- ii. This competition follows the International Pencak Silat Federation (PERSILAT) revised edition of the Pencak Silat Competition Rules and Regulations, effective as of 25th February 2026.
- iii. The Organizer's decision is final on any matters not covered by these rules and regulations.

5. REGISTRATION

- i. Registration must be completed through both MyActiveSG+ website and the Singapore Silat Federation separately.
- ii. To register your team, the Team Manager (*or a designated representative*) must submit all forms via the google link:
- iii. The deadline for each form is:
 - a. Entry by Number 10 May 2026
 - b. Entry by Name 19 June 2026
 - c. SSF Individual Indemnity Disclaimer 19 June 2026
 - d. Participation Agreement Form 19 June 2026
 - e. Pencak Silat Medical Form 26 June 2026
- iv. Team Managers are responsible for verifying that all information on the submitted forms is accurate and that all participant details are correct.
- v. Submissions will not be processed if any information submitted is incorrect/incomplete.

6. PARTICIPATION FEE AND PAYMENT

- i. The participation fee is as follows:-

Event	Age	Individual Events	Team Events
Singa	6 to 7	\$10/ participant	-
Macan	8 to 9	\$10/ participant	-
Pre-Teen	10 to 11	\$10/ participant	\$10 x minimum of players required per team
Pre-Junior	12 to 13	\$10/ participant	\$10 x minimum of players required per team
Junior	14 to 16	\$10/ participant	\$10 x minimum of players required per team
Senior	17 to 45	\$15/ participant	\$15 x minimum of players required per team

- ii. Payment will be made through MyActiveSG+ website.

7. QUALIFICATIONS

To compete, participants must meet the following criteria:

- i. Participation is limited to Ordinary or Associate Members of the Singapore Silat Federation. You must register and compete under the name of your affiliated association.
- ii. Tertiary Schools may compete in the Senior Category
- iii. Every participant must provide a complete Pencak Silat Medical Form with a doctor's clearance.
- iv. Teams are restricted to two entries per Match event and one entry per Artistic event.
- v. Athletes may register for more than one event; however, the organizers will not adjust the schedule to resolve timing conflicts. Participants do so at their own risk.
- vi. Athletes in the SSF National Team selected for the 10th Asian Pencak Silat Championship 2026 will not be eligible to compete in this competition.

8. AGE DIVISION & EVENTS

AGE DIVISION	AGE <i>(As of 2026)</i>	YEAR OF BIRTH	EVENTS
SINGA	6 TO 7	2019 & 2020	Match Only
MACAN	8 TO 9	2017 & 2018	Match Only
PRE TEEN	10 TO 11	2015 & 2016	Match, Tunggal, Ganda, Regu, Solo Creative
PRE JUNIOR	12 TO 13	2013 & 2014	Match, Tunggal, Ganda, Regu, Solo Creative
JUNIOR	14 TO 16	2010 TO 2012	Match, Tunggal, Ganda, Regu, Solo Creative
SENIOR	17 TO 45	1981 TO 2009	Match, Tunggal, Ganda, Regu, Solo Creative

9. METHOD OF COMPETITION

MATCH (TANDING)

- i. Each team is permitted a maximum of two entries per event.
- ii. This is a knock-out style tournament. Winners advance to the next bracket, leading to the finals. Teams that lose in the semi-finals will share a joint bronze medal.
- iii. An event requires a minimum of two teams to be contested. If only one team registers for an event, it will be cancelled, and a refund will be processed.
- iv. No athlete can be replaced after the drawing has taken place.
- v. For Singa, Macan and 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, and Senior, 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.

JURUS CATEGORY (SENI)

- i. Each team can send only one entry per event.
- ii. For an event to be competed, a minimum of two entries must be 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. Tunggal & Regu: These performances are a fixed artistic movement routine lasting 3 minutes.
 - i. A tolerance of ± 10 seconds / is allowed without penalty for Pre Teen and Pre Junior.
 - ii. A tolerance of ± 5 seconds / is allowed without penalty for Junior and Senior.
- vi. Ganda: This is a choreographed artistic fight routine lasting 3 minutes. A tolerance of ± 5 seconds is allowed without penalty.
 - i. A tolerance of ± 10 seconds / is allowed without penalty for Pre Teen and Pre Junior.

- ii. A tolerance of ± 5 seconds / is allowed without penalty for Junior and Senior.
- b. Solo Creative: This is a choreographed artistic solo routine lasting between 1 minute and 30 seconds to 3 minutes.
 - i. No time tolerance is allowed.
 - ii. The routine must incorporate the use of Nusantara weapons.
 - iii. Accompanying audio is allowed.

10. WEIGHT CATEGORIES

SINGA

MALE	CLASS	FEMALE
14kg to 16kg	A	14kg to 16kg
Over 16kg to 18kg	B	Over 16kg to 18kg
Over 18kg to 20kg	C	Over 18kg to 20kg
Over 20kg to 22kg	D	Over 20kg to 22kg
Over 22kg to 24kg	E	Over 22kg to 24kg
Over 24kg to 26kg	F	Over 24kg to 26kg
Over 26kg to 28kg	G	Over 26kg to 28kg
Over 28kg to 30kg	H	Over 28kg to 30kg
Over 30kg to 32kg	I	Over 30kg to 32kg
Over 32kg to 34kg	J	Over 32kg to 34kg
Over 34kg to 36kg	K	Over 34kg to 36kg
Over 36kg to 38kg	L	Over 36kg to 38kg
Over 38kg to 40kg	M	Over 38kg to 40kg
Over 40kg to 42kg	N	Over 40kg to 42kg
Over 42kg to 44kg	O	Over 42kg to 44kg
Over 44kg to 46kg	P	Over 44kg to 46kg
Over 46kg to 48kg	Q	Over 46kg to 48kg

Over 48kg to 50kg	R	Over 48kg to 50kg
Over 50kg to 52kg	S	Over 50kg to 52kg
Over 52kg to 56kg	OPEN	Over 52kg to 56kg

MACAN

MALE	CLASS	FEMALE
16kg to 18kg	A	16kg to 18kg
Over 18kg to 20kg	B	Over 18kg to 20kg
Over 20kg to 22kg	C	Over 20kg to 22kg
Over 22kg to 24kg	D	Over 22kg to 24kg
Over 24kg to 26kg	E	Over 24kg to 26kg
Over 26kg to 28kg	F	Over 26kg to 28kg
Over 28kg to 30kg	G	Over 28kg to 30kg
Over 30kg to 32kg	H	Over 30kg to 32kg
Over 32kg to 34kg	I	Over 32kg to 34kg
Over 34kg to 36kg	J	Over 34kg to 36kg
Over 36kg to 38kg	K	Over 36kg to 38kg
Over 38kg to 40kg	L	Over 38kg to 40kg
Over 40kg to 42kg	M	Over 40kg to 42kg
Over 42kg to 44kg	N	Over 42kg to 44kg
Over 44kg to 46kg	O	Over 44kg to 46kg
Over 46kg to 48kg	P	Over 46kg to 48kg
Over 48kg to 50kg	Q	Over 48kg to 50kg
Over 50kg to 52kg	R	Over 50kg to 52kg
Over 52kg to 54kg	S	Over 52kg to 54kg

Over 54kg to 58kg	OPEN	Over 54kg to 58kg
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PRE TEEN

MALE	CLASS	FEMALE
Below 26kg	Under A	Below 26kg
Over 26kg to 28kg	A	Over 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

PRE JUNIOR

MALE	CLASS	FEMALE
Below 30kg	UNDER A	Below 30kg
Over 30kg to 33kg	A	Over 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

JUNIOR

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

SENIOR

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. The official weigh-in will be held on the morning of each competition day, only for those scheduled to compete that day.
- ii. Athletes must report in their standard Pencak Silat uniform and bring a form of identification for verification.
- iii. Athletes will be allowed only one attempt at the official weigh-in. You may weigh in either in your uniform or stripped down.
- iv. There is no weight tolerance for this competition. Any participant who fails to make their weight will be disqualified.
- v. Team officials must 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

JURUS CATEGORY

Tunggal and Regu

In assessing the performance of an athlete or team, the Juri will evaluate the performance based on Accuracy of Movement and Firmness of Performance, 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 an athlete or 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. Pre Teen and Pre Junior, if timing exceeds tolerance period of ± 10 seconds a penalty will be incurred. If timing exceeds 15 seconds tolerance, team will be disqualified.
 - b. Junior and Senior, if timing exceeds tolerance period of ± 5 seconds a penalty will be incurred. If timing exceeds 10 seconds tolerance, team will be disqualified.

2. Performance exceed the 10m-by-10m arena
3. Dropping of weapon, touching the floor (*Tunggal and Solo Creative Only*)
4. The performance must strictly follow the submitted synopsis. Penalties apply for any discrepancies, including the number of times a weapon is dropped or variations in the final movement.
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 and Ganda Only*)
 - c. Penalties apply if the attire is torn or ripped while performing.

13. EQUIPMENT AND UNIFORM

- i. The Digital Scoring System will be used throughout the competition.
- ii. Participating teams are required to bring **your own body protectors**. Only **PERSILAT** or **PERSISI** approved body protectors are allowed. You will not be permitted to compete if you are wearing an unapproved body protector.
- iii. All participants are required to bring their own groin guards.
- iv. For Tunggal and Ganda events, participants may wear a colored uniform. You must complete your attire with a Tanjak and Samping set.
- v. Glasses are not permitted. The only exception is sports goggles with an elastic band. Athletes may wear soft contact lenses at their own risk.
- vi. Female athletes wearing a Hijab are only allowed to wear a plain black headscarf, which must be tucked into the uniform.

14. COACH & TEAM MANAGER REQUIREMENTS

- i. Coaches and Team Managers must be above 21 years old.
- ii. Coaches and Team Manager cannot compete in this competition.
- iii. Coaches and Team Manager cannot be from SSF National Team.
- iv. Only registered coaches are allowed to serve as cornermen during the competition.

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 2026.

16. TEAM MANAGER BRIEFING & DRAWING OF LOT

- i. The Team Manager Briefing will be held on 26 June 2026 at 1930Hr.
- ii. The briefing will take place at the Heartbeat Bedok ActiveSG Silat Hall, Level 4, 11 Bedok North Street 1, Singapore 469662.
- iii. Drawing of lots will only be conducted for all categories. The process will be a computerized random draw, performed in the presence of all team managers.
- iv. All official communication from the Organizing Committee, including competition-related matters, will be directed to the Team Manager.

17. PROTEST MATTERS

Coach Protest

- i. If a coach wishes to protest, they must stand within the designated Coach Box, hold the protest card firmly in their outstretched right hand, and state either "BLUE PROTEST" or "RED PROTEST" once.
- ii. The Council (*Dewan*) will approach the coach with a microphone, and the coach will have 10 seconds to present the protest to the Protest Commissioner.
 - a. No protests can be made after a Juri Verification.
 - b. No counter-protests on the same issue will be allowed.
- iii. The Competition Chairman will request for Juri Verification. The result from the Juri Verification is final.
- iv. The protest card will be returned to the coach if protest is successful.

Team Manager Protest

- i. There will be no Team Manager protest.

18. DECLARATION & INDEMNITIES

- i. The Team Manager is responsible for ensuring that all participants personally sign the indemnity forms. Any falsified signatures will be the sole responsibility of the Team Manager.
- ii. For participants below the age of 18, the Team Manager is responsible for ensuring that the parents or guardians personally sign the indemnity forms. Any falsified signatures will be the sole responsibility of the Team Manager and may result in disciplinary action against the Team/Club.
- iii. Team Manager and/or Coach are responsible for ensuring that all participants are adequately prepared and in good health on the day of the competition.
- iv. If a participant is unwell, they must be withdrawn from the competition.

COMPETITION SCHEDULE & IMPORTANT DATES

DATE	TIME	DETAIL	VENUE
10 MAY	BY 2200HR	Submission Deadline for Entry by Number	Online Submission
19 JUN	BY 2200HR	Submission Deadline for Entry by Name, And Other Forms	Online Submission
26 JUN	1830HR – 1930HR	Registration of TM	Heartbeat@Bedok
	1930HR – 2130HR	Team Manager Briefing & Balloting Process	Heartbeat@Bedok
10 JUL	2000HR	Technical Officials Briefing	Pasir Ris Sports Hall
04, 05, 11 & 12 JUL	0800Hr	Weigh In	Pasir Ris Sports Hall
	1000HR ONWARDS	Artistic & Match Events	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.*

19. GetActive! Singapore PESTA SUKAN 2026 - General Rules & Regulations

<https://www.activesgcircle.gov.sg/getactive-singapore/pesta-sukan>