



Republic of the Philippines  
**Department of Education**  
Region V  
**SCHOOLS DIVISION OF SORSOGON**

October 14, 2022

**DIVISION MEMORANDUM**

No. 195, s. 2022

**PALARONG PANLALAWIGAN 2022**

**TO:** Assistant Schools Division Superintendent  
Chief Education Supervisors, CID & SGOD  
Public Schools District Supervisors  
Public and Private Elementary & Secondary School Heads  
District Sports Coordinators  
All Others Concerned

1. This is to inform the field that this office will conduct PALARONG PANLALAWIGAN 2022 on December 13-15, 2022, at Casiguran Central School, Casiguran, Sorsogon.
2. This activity aims to:
  - a. Engage athletes/players in competitive activities while promoting sound health, safety, and physical fitness.
  - b. Develop physical talents to the maximum potentials of athletes/players and coaches in the Division of Sorsogon.
  - c. Promote the spirit of friendship, camaraderie and sportsmanship among athletes and coaches.
3. Sports Events to be included are as follows:  
Arnis (Anyo) Elementary and Secondary Boys and Girl  
Athletics Elementary and Secondary Boys and Girls  
Chess Elementary and Secondary Boys and Girls  
Dance Sports Elementary and Secondary  
Sepak Takraw Elementary Boys and Secondary Boys and Girls



Balogo Sports Complex, Balogo, Sorsogon City, Sorsogon 4700  
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Swimming Elementary and Secondary Boys and girls  
Basketball Elementary Boys and Secondary Boys and Girls  
Basketball (3x3) Secondary Boys and Girls  
Volleyball Elementary and Secondary Boys and Girls  
Badminton Elementary and Secondary Boys and Girls  
Table Tennis Elementary and Secondary Boys and Girls  
Tennis Elementary and Secondary Boys and Girls  
Billiard Secondary Boys and Girls

4. Composition of teams for Team events/sports in Secondary level are athletes/players from one school only including the coaching team. For individual events/sports, selection of athletes/players coming from different schools are allowed. Sepak Takraw will have 4 athletes/players only, and the rest of the sports event will follow the official number of athletes allowed per team.
5. To add more fun and excitement for the activity, the Search for Mr. and Ms. Palarong Panlalawigan 2022 will be included. Mechanics, criteria, and other information regarding this event will be release in a separate communication through the office of Special Events unit.
6. Competing Teams for this year Palarong Panlalawigan 2022 are the five Zones composed of Elementary and Secondary Level. Each Zone will be headed by a PSDS/OIC-PSDS who will be in-charge of the respective zone.
7. Eligibility Requirements of athletes/players and coaches are as follows:
  - a) Cut off age for Secondary Level is January 1, 2005 and for Elementary Level is January 1, 2010.
  - b) Certificate of enrollment signed by the School Head with LRN
  - c) PSA/NSO original copy and 1 photocopy
  - d) Medical and Dental Certificate should be at most 1 month before the competition signed by any Licensed Medical Doctor.
  - e) Vaccination Card (Photocopy)
  - f) Parental Consent
  - g) Team Gallery
  - h) School ID



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- i) AR Form
  - j) 2x2 ID Picture in white back ground (2 copies)
8. These eligibility requirements shall be submitted on or before December 7 and 9, 2022 at Division Screening and Accreditation Committee (DSAC), Bulwagan ng *Karunungan* SDO, Sorsogon City.
9. To ensure health and safety in the entire Palaro only vaccinated players and officials with updated medical certificate are allowed to participate.
- 10 To facilitate the conduct of the Sports Activity, a planning conference of PSDSs and OIC-PSDSs shall be on October 28, 2022 during the CID Conference, while Tournament Managers and other Sports Officials shall be on November 18, 2022 at Bulwagan ng Karunungan, SDO, Sorsogon City.
11. To ensure an updated and unified rules and regulations of the different sports event to be used during the competitions, A 3-day Division Sports Seminar/workshop and Clinic for coaches and officiating officials shall be conducted on November 23-25, 2022 at Casiguran Central School, Casiguran, Sorsogon. Other information relative to this activity shall be released in a separate issuance.
12. Enclosed are the list of Division Sports Executive Committee, Technical Management Committee, Technical working Group, DSAC, Tournament Managers and Sports Officiating Officials.
13. Travel and other incidental expenses relative to this activity will be charged to SEF, MOOE, PTA and other local funds subject to the usual accounting and auditing rules and regulations.
14. For immediate dissemination.

*JD*  
**JOSE L. DONCILLO, CESO V**  
Schools Division Superintendent



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