



Republic of the Philippines  
Department of Education  
NEGROS ISLAND REGION  
DIVISION OF SAGAY CITY

JUL 17 2025

DIVISION MEMORANDUM

No. 421, s. 2025

REITERATION OF REGIONAL MEMORANDUM NO. 630, s. 2025 TITLED,  
2025 REGIONAL ACCREDITATION OF TECHNICAL OFFICIALS

To: Asst. Schools Division Superintendent  
Chief Education Supervisors – CID and SGOD  
Public Schools District Supervisors  
Public Elementary & Secondary School Heads  
All Others Concerned

1. Attached is the Regional Memorandum No. 630, s. 2025 regarding the 2025 Regional Accreditation of Technical Officials on **July 23-27, 2025** on the following schemes:

Date	Mode	Venue	Activity
July 23-24, 2025	Virtual	MS Teams (Each sport event will create a meeting link.) to be facilitated by the Tournament Director	Lecture
July 25-27, 2025	In-person	Bacolod City, Negros Occidental	Written, Practical, and Physical Fitness Tests

2. Please refer to the attached annex for the list of participants in this activity who are the identified Technical Officials recommended by the Schools Divisions Office.
3. The identified participants will have their Medical Check-up on **July 17, 2025** and the Medical certificate indicating that they are physically fit to attend the activity shall be presented during the onsite registration together with their **approved Travel Authority** and **fully accomplished Physical Activity Readiness – Questionnaire (PAR-Q)**. Failure to present any of the said requirements shall be grounds for non-accommodation to the activity. Pregnant women and those unfit to undergo the physical fitness test activities shall not be allowed to join in the accreditation.
4. Also, the participants are expected to wear appropriate sports attire and bring necessary sports equipment to be used during the practical sessions/ examination.





Republic of the Philippines  
**Department of Education**  
NEGROS ISLAND REGION  
DIVISION OF SAGAY CITY

5. The teachers involved in the activity are entitled to Service Credits for the services rendered during weekends but not to exceed 15 days in accordance with DepEd Order No. 53, s. 2003 entitled: "Updated Guidelines on the Grant of Vacation Service Credits to Teachers". On the other hand, non-teaching personnel shall be provided with Compensatory Overtime Credits (COC) for their services rendered during weekends and holidays as per Civil Service Commission (CSC) and Department of Budget and Management (DBM) Joint Circular NO. 2, s. 2004 On Non-Monetary Remuneration for Overtime Service Rendered.
6. The food and accommodation of the participants are chargeable against the downloaded funds for this purpose while their travel and other incidental expenses against their respective local funds, all subject to the usual accounting and auditing rules and regulations.
7. It is understood that in the conduct of this activity, there shall be no discrimination in the provision of such partnership on account of age, school, gender, civil status, disability, religion or other similar factors, personal circumstances that run counter to the principles of equal opportunity.
8. Immediate dissemination of this Memorandum is desired.

  
**DANNIE CLARK M. UGUIL**

Assistant Schools Division Superintendent  
Officer-In-Charge  
Office of the Schools Division Superintendent



Enclosure : as stated  
Reference : as stated  
Allotment : N/A  
No. of Pages : 3

To be indicate in the **Perpetual Index** under the following subjects:  
**SGOD      SPORTS**



Address: Sitio Chloe, Barangay Rizal, Sagay City, Negros Occidental  
Telephone Number:



Republic of the Philippines  
**Department of Education**  
NEGROS ISLAND REGION  
DIVISION OF SAGAY CITY

**ANNEX A: LIST OF TECHNICAL OFFICIAL PARTICIPANTS**

<b>SPORTS</b>	<b>TECHNICAL OFFICIAL</b>
BASKETBALL	JASON ELEDIA JOENEL J. ALLADIN
BOCCE	EMMANUEL ESCANO
BOXING	JEZER MANGUILIMUTAN
FOOTBALL	LUIGI TUBIERA
FUTSAL	SANDY DESCALSOTA
TENNIS	ROSE ANN DAHIL-DAHIL
VOLLEYBALL	JESSA P. REMATA
ARNIS	MELJUN NUFABLE
ATHLETICS	JILL MACARIOLA
GYMNASTICS	REMA A. AGUIRRE





Republic of the Philippines  
**Department of Education**  
REGION VI – WESTERN VISAYAS

REGIONAL MEMORANDUM  
No. 630 s. 2025

JUL 08 2025

**2025 REGIONAL ACCREDITATION OF TECHNICAL OFFICIALS**

To: Schools Division Superintendents  
All Others Concerned

1. In support to the Department of Education's (DepEd) thrust of promoting the quality of the **Palarong Pambansa** particularly the management and conduct of the competitions for the sports events featured in the annual scholastic multi-sports spectacle, this Office through Education Support Services Division, shall conduct the **2025 Regional Accreditation of Technical Officials** on **July 23-27, 2025** on the following scheme:

Date	Mode	Venue	Activity
July 23-24, 2025	Virtual	MS Teams (Each sport event will create a meeting link.) to be facilitated by the Tournament Director	Lecture
July 25-27, 2025	In-person	Bacolod City, Negros Occidental	Written, Practical, and Physical Fitness Tests

2. Attached to this are the proposed activity matrix.
3. The activity aims to:
- assess the knowledge, understanding, and fitness of the participating technical officials in officiating through the administration of written, practical, and physical fitness tests;
  - educate the participants about ethical consideration, professionalism, and the code of conduct they are expected to execute in all sporting events; and
  - update the participants on the current trends and latest rules of the games, technological advancements, and best practices in their respective sports event.
4. The participants in this activity are the Technical Officials (TO) who shall be identified and recommended by the Schools Division Superintendents based on the slots in the specific event. The Division Sports Officer shall fill-in the name of the identified TOs in the registration form that can be accessed through the link: <https://tinyurl.com/msuzr9k5>.



Address: Duran Street, Iloilo City, 5000  
Telephone Nos: (033) 337-0149; 336-2816  
Email Address: [region6@depd.gov.ph](mailto:region6@depd.gov.ph)  
Website: [region6.depd.gov.ph](http://region6.depd.gov.ph)



Certificate No. PHP QMS  
24 93 0184



# PAR-Q & YOU

(A Questionnaire for People Aged 15 to 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
<input type="checkbox"/>	<input type="checkbox"/>	2. Do you feel pain in your chest when you do physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	3. In the past month, have you had chest pain when you were not doing physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	4. Do you lose your balance because of dizziness or do you ever lose consciousness?
<input type="checkbox"/>	<input type="checkbox"/>	5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
<input type="checkbox"/>	<input type="checkbox"/>	7. Do you know of any other reason why you should not do physical activity?

If  
you  
answered

## YES to one or more questions

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want — as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

## NO to all questions

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

- start becoming much more physically active — begin slowly and build up gradually. This is the safest and easiest way to go.

- take part in a fitness appraisal — this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

### DELAY BECOMING MUCH MORE ACTIVE:

- if you are not feeling well because of a temporary illness such as a cold or a fever — wait until you feel better; or
- if you are or may be pregnant — talk to your doctor before you start becoming more active.

**PLEASE NOTE:** If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

**Informed Use of the PAR-Q:** The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

**No changes permitted. You are encouraged to photocopy the PAR-Q but only if you use the entire form.**

NOTE: If the PAR-Q is being given to a person before he or she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purposes.

"I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction."

NAME \_\_\_\_\_

SIGNATURE \_\_\_\_\_

SIGNATURE OF PARENT \_\_\_\_\_

or GUARDIAN (for participants under the age of majority)

DATE \_\_\_\_\_

WITNESS \_\_\_\_\_

**Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.**