



GUIDELINES

LARO'T SAYA SA PARKE (LSP) PROGRAM

Pursuant to the Memorandum Circular No. 49 issued by the Office of the President (OP) of the Philippines calling for support and participation to the LSP Program, and to the authority vested in the Philippine Sports Commission (Section 5, RA 6847) as the sole policy-making and coordinating body of all amateur sports development programs and institutions in the Philippines, and to the Commission's objectives (Section 6, RA 6847): (a) To provide the leadership, formulate the policies and set the priorities and direction of all national amateur sports promotion and development, particularly giving emphasis on grass-roots participation; and, (b) To encourage wide participation of all sectors, government and private, in amateur sports promotion and development, the following Guidelines are hereby promulgated:

RULE 1

OVERVIEW

Laro't Saya Sa Parke is a park-based and family-oriented sports-for-all program designed as a national campaign to draw the Filipino Family into playing and learning sports together. It is aimed at developing the following:

- 1. Sport appreciation for 5 – 20 years old**
 - To play for fun; To choose a sport to engage and specialize in.
- 2. Lifelong healthy habits for adults and Senior Citizens**
 - To be models of healthy lifestyle.
- 3. Support system from family and peers**
 - To boost and sustain the children's engagement in sport.
- 4. Involvement of the community, GOs and NGOs**
 - To support the LSP Program and its activities.

RULE 2

PROGRAM MANDATE

The **Laro't Saya Sa Parke** is inspired and legitimized by the following laws and national policies:

Section 1. Section 6-a of Republic Act 6847

The PSC shall provide the leadership, formulate the policies and set the priorities and direction of all national amateur sports promotion and development, particularly *giving emphasis on grassroots*. It is also designed in response to the need for PSC to carry out its mandate on "sports for all," which is to make sports accessible to all regardless of



age, gender, talent and capabilities, and further aimed to promote good values through playing of sports.

Section 2. Office of the President of the Philippines Memorandum Circular No. 49

Signed on 04 July 2013, the Office of the President Circular authorizes all government agencies and instrumentalities to extend support and participate in the “**Laro’t Saya Sa Parke**” Project. This Circular directed Government-Owned or –Controlled (GOCCs), State Universities and Colleges (SUCs), Local Government Units (LGUs) and the private sector to extend support and participate in the implementation of the LSP Program.

RULE 3 GOVERNANCE

Section 1. Role of PSC

The PSC is the highest governing authority and lead facilitator for the realization of the Program’s vision, targets and development framework. Hence, it shall undertake the following responsibilities:

- (a) Promote and spread the value and principles of the LSP Program;
- (b) Set the rules and policies to guide participants, program adopters and support entities, and to ensure an effective coordination at all levels;
- (c) Monitor the development of athletic talents that are created by the LSP Program;
- (d) Devise an athletic talent identification program to cater to products of the LSP Program;
- (e) Design a program that will sustain the interests of parents and adult in untiringly and consistently encouraging their children to play and learn sports;
- (f) Ensure the involvement of Senior Citizens in all activities of the Program;
- (g) May decide to organize PSC-managed and -funded LSP activities in public parks and places of its choice.

Section 2. LSP National Operations Center (LSP-NOC)

The PSC shall establish a National Operations Center (NOC) as the central coordination and implementation arm of the LSP.



The Center and LSP Program Manager are accessible through the following contact details:

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RULE 4

ROLES AND RESPONSIBILITIES OF PARTNER ENTITIES

The Office of the President issued Memorandum Circular No. 49 to direct various government and non-government entities for support and assistance to the LSP Program.

To operationalize this direction, the LSP defines the roles and responsibilities of certain key sectors/entities in accordance with the three (3) program domains:

Section 1. On Participation:

- (a) Employees and officials of government agencies, Government-Owned and -Controlled Corporations (GOCCs), State Universities and Colleges (SUCs), Local Universities and Colleges (LUCs) and Local Government Units (LGUs) to take a lead role in bringing their families and peers to LSP activities.
- (b) Barangay officials and Sangguniang Kabataan officials to spearhead an active mobilization program to drive families and Senior Citizens within their localities to the most adjacent place of an LSP activity.
- (c) Community-based youth organizations to launch their respective mobilization scheme to avail of the free sports training.

Section 2. On Support:

- (a) Private corporations and organizations in the following sectors may opt to extend the following assistance and support:
 - 1) Philippine Olympic Committee – sports technical support (coaching and training)
 - 2) Media sector – promotions
 - 3) Business sector – sponsorships
- (b) Government-Owned or -Controlled (GOCCs) corporations may opt to extend the following assistance and support:



- 1) Donation of prizes, giveaways and incentives available within their resources.
 - 2) Sponsoring of any LSP activity by assuming all its weekly or monthly expenses.
- (c) SUC and LUC teachers may serve as volunteers in the LSP Program, such as the ongoing Laro't Saya sa Luneta and Laro't Saya sa QC Circle, subject to a mutual agreement between the SUC/LUC and PSC.
- (d) SUCs and LUCs may include volunteerism in the LSP as one of the accredited activities of students for Community Welfare and Service Training (CWST), subject to a mutual agreement between the SUC/LUC and PSC.
- (e) SUCs and LUCs may consider accrediting the involvement and training at the LSP activities in lieu of attendance to PE practicum. Number of hours to be determined by the SUC/LUC and PSC, subject to a mutual agreement between said parties.

Section 3. On Adoption (for LGUs only)

- (a) For LSP activities outside the National Capital Region, the PSC delegates to interested LGU the authority to adopt the Program frameworks and activities, subject to compliance to management guidelines and branding standards set by the PSC. An LGU that adopts an LSP activities undertakes the following responsibilities:
1. To identify and determine a public park or an idle but wide ground within their locality to serve as an LSP activity area.
 2. To convert or develop an identified LSP activity area to ensure the safety and enjoyment of all participants.
 3. To fund all requirements of an LSP activity that is conducted within its locality.
 4. To comply with suggested LSP visual design and creative elements in order to protect and preserve its brand.
 5. To mobilize its constituents for active participation in the sporting activities.
 6. To identify and hire coaches/trainers/lecturers.
 7. To document significant activities and submit a regular report to PSC every first week of each month.
- (b) The PSC shall provide training for technical staff and assist the LGU in formulating training modules.



- (c) The PSC shall act as supervising agency of all adopted LSP activities, with the LGU as the lead organizer. Thus, the PSC shall monitor and assess the activities, and may recommend improvement, if necessary.

RULE 5 SPORTS-FOR-ALL PRINCIPLES

Section 1. General Concept

The LSP Program adopts the principles of sports-for-all to develop and sustain the family and Senior Citizens interests in sport practice and the promotion of health and social benefits of engaging in active lifestyle.

Section 2. Principles

The Program affirms that sport is a human right for all individuals, regardless of race, age, social class and gender. It offers sport activities that can be appreciated and practiced by children and Senior Citizens until they make sport a continuing and serious endeavor. The Program bespeaks of the following principles:

(a) Sports are fun, easy and affordable

LSP sports are activities which keep the family and Senior Citizens fit. It can be fun, easy and affordable. Involvement in these activities is free and accessible.

(b) Mass-based

Highly-participatory in nature, the Program is designed to involve the greatest number of people (the individual, the family, the community) in a broad range of sporting activities. These are activities that lead to sport appreciation, towards early athletic specialization.

(c) Character-building

The Program carries and develops a mindset that being fit is not just about speed and stamina. It is also about determination, discipline and dedication. These are attributes that make for mental toughness, and that help people physically and psychologically ready to withstand challenges in life. These are sporting activities that develop positive values and reasonable discernment necessary to make one happy and productive.

(d) Culture of lifelong healthy habits

Medals, honors and the glamour of victories have no bearing in the Program. The focus here is on mass participation to a healthy lifestyle. It is about creating a culture of lifelong healthy habits.



RULE 6 THE PROGRAM CORE ELEMENTS

Section 1. *Program Essence*

The essence of the LSP Program is about the family and Senior Citizens into play and the park as its playground. It considers the Filipino family as the best agent for change. Admirable traits and character, including the full development of a person, take its roots from the family. Engagement in sports emanates from the Filipino family's support system for children to get into physical activities.

Section 2. *Core Elements*

The Program endeavors to bring sports to the people and to places where people have fun with families and friends, such as public parks. Thus, the three (3) core elements of this program are:

(a) Family

The basic and most important unit of Philippine society: a springboard to the realization of the PSC's mandate to engage the greatest number of people into sports and play.

(b) Parks

Parks are spaces in a community, idle or developed, where people can freely recreate, spend leisure and conduct collective sporting activities. These are the best and most accessible venues for a family to re-new self and relations, and the most conducive places to draw crowd. Sports and parks are almost synonymous, in that, parks are truly inviting for sports and recreational activities, in same manner that sports activities of the family are best held in the parks.

(c) Play

The builder of a family, play is also a toolkit to build kinship and healthy lifestyle. It is a medium to break social and emotional gaps among family members in a fashion that is enjoyable and entertaining.

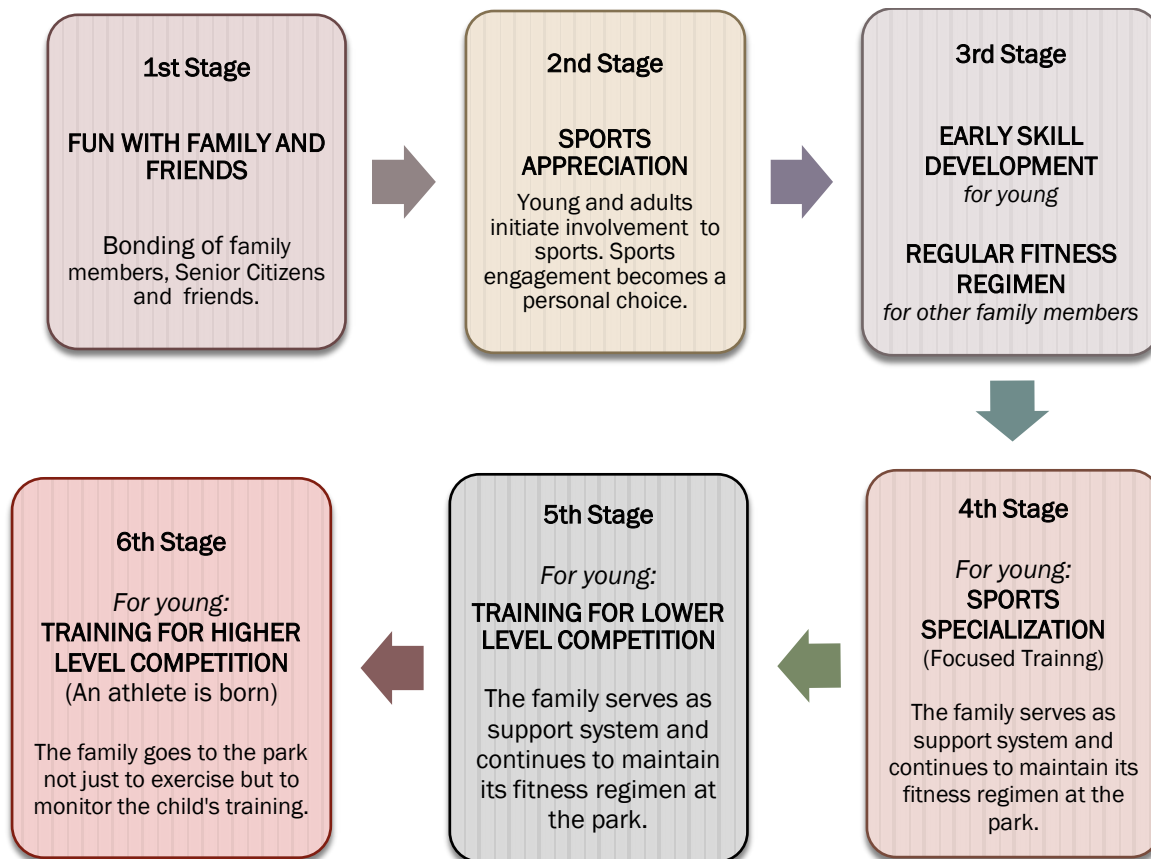


RULE 7 VISION STATEMENT

Laro't Saya Sa Parke shall set the grounds for a nationwide phenomenon where every Filipino Family plays together at least one sport in the most adjacent parks within its community.

Through this Program, parks will become the ultimate grounds from which every family member values and practices “togetherness” in sports and life.

RULE 8 LSP DEVELOPMENT FRAMEWORK



The family plays a critical role in the development of an athlete. It is only when there is a very strong and deliberate support system from family and peers that a true athlete can be born. A true athlete is one who does not only excel in a sport skill, but is also imbued with the kind of character, values and discipline that can be basically developed within the family and peers.



Stage 1. The LSP program, using the family as its agent for change, introduces sports as fun and leisure. Thus, children and Senior Citizens that are brought to the park to enjoy sports also slowly imbibe a feeling of pleasure and enjoyment.

Stage 2. It is this fun and amusement of playing together with his/her family that he/she gradually appreciates the sports. This leads to a personal choice to keep coming back to the park to learn and play sports, with parents in tow.

Stage 3. Regularity at the park to play encourages early skill development. As the young choose a particular sport of his interest, he/she gradually develops certain sport skills. The parents/adults at this period likewise develop a certain degree of fitness regimen. While the child plays the sport of his choice in a more serious manner, the adult members of the family choose to stay physically fit by adopting a regular habit of exercise.

Stage 4. Repetitions and regularity of going to the park to learn basic skills lead to the development of a focused training. Here, an early specialization in a certain sport is up-and-coming.

Stage 5. As the young keeps on practicing his/her sport, he/she is ready to compete in school or community intramurals. By this stage, the young has accumulated a certain degree of confidence in the sport of his/her choice, and he/she is up for exciting and friendly competitions at the base level. The parent/adult member of the family who was by his/her side during the early stages understands in a better perspective the child athlete. Thus, emotional and social support and encouragement are sustained by the family. A junior athlete is born.

Stage 6. The junior athlete continues to go to the park to avail of free training. The family continues to go to the park not just to exercise but to monitor the child's training. A special handling by PSC shall be instituted at this stage, to ready the young to a higher level of training. The park shall continue to be the venue of the junior athlete's regular training, while he/she gets into special talent identification process/program that PSC may be establishing in coordination with the concerned NSA. An athletic talent may be discovered at this phase.

RULE 9 GOALS AND TARGETS

Section 1. *The Playing Phenomenon*

The LSP Program aspires to achieve a playing phenomenon across the Philippines:

- (a) Families play sports together.
- (b) Idle lands and parks become a playing ground for all ages.
- (c) Every child in a community play at least one sport, and does this regularly with family or peers.



- (d) Every parent and adult becomes a role model in sports involvement whether as part of a cheering crowd, a patron, a volunteer-organizer or a player.
- (e) Leaders and youth organizations in local government units give premium importance to sporting activities.

Section 2. *The Peaceful Phenomenon*

The LSP Program aspires to achieve a peaceful phenomenon across the Philippines:

- (a) Youth delinquency is drastically averted or curbed.
- (b) Sports as a common leisure and recreation of couples and families.
- (c) Statistics of youth/adults into drugs and excessive liquor drinking is going down.
- (d) A peaceful community and disciplined people contribute to good trading and business. Thus, private corporations and businessmen pour in resources to form sport clubs and organize sports activities within their communities.

Section 3. *Sports as a By-Word Phenomenon*

- (a) Community talks about sports.
- (b) Neighborhood develops friendship as they play together on weekends.
- (c) Everybody supports the drive for fitness and talks about it.

Section 4. *Athletic Development Phenomenon*

- (a) Family encourages every child to specialize at least one sport.
- (b) Locality monitors and identifies emerging athletic talents.

RULE 10 SPORTS AND RECREATIONAL ACTIVITIES

The LSP Program encourages the participation, support and adoption of, but not limited to, the following sports:

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|--------------|--------------------------------|
| 1. Aerobics | 6. Karatedo |
| 2. Arnis | 7. Taekwondo |
| 3. Badminton | 8. Volleyball |
| 4. Chess | 9. Indigenous sports and games |
| 5. Football | 10. Tai-chi |



RULE 11

PARTICIPATION, SUPPORT AND ADOPTION PROCEDURES

Section 1. Procedure for Participation

- (a) Preferred involvement shall be by family, Senior Citizens and peer groups.
- (b) Check on the website for updates and details of ongoing LSP activities. If clarifications are needed, the LSP National Operations Center is ready to answer queries.
- (c) Adults and children must come to the LSP activity area in comfortable sporty attire.
- (d) A registration area is accessible within the LSP activity area to record participation. Certain data may be required from participants for data-banking and documentation purposes.
- (e) Participation is open to all, regardless of age, gender and socio-economic affiliations and status.
- (f) LSP activities are free of charge, thus, there are no fees collected. In addition, raffle prizes are given away to participants.

Section 2. Procedure for Support

- (a) Sponsors for LSP activities are advised to communicate with the Program Manager, through the LSP National Operations Center.
- (b) Sponsors of LSP activities may avail of tax exemptions provided for in Section 20 of RA 6847, which read as: *Tax Deduction or Exemption of Donations and Contributions. All donations and contributions to the Commission in connection with its fund-raising projects and its continuing sports development programs shall be exempted from the donor's taxes.*

Section 3. Procedure for Adoption of Laro't Saya sa Parke Program (for LGUs only)

- Step 1: Interested LGU may write the PSC of its interest to adopt the Program.
- Step 2: If requested is granted, the PSC undertakes site inspection and technical meeting.
- Step 3: Signing of a Memorandum of Agreement (MOA) between PSC and LGU.
- Step 4: Launching.



RULE 12 BRANDING

An LGU that adopts the Program shall observe the following standards:

- (a) Observe the LSP fundamentals of Family, Play and Park.
- (b) Adhere to the LSP Development Framework.
- (c) Adopt the program title “**Laro’t Saya Sa _____**” (name of place by preference of the LGU).
- (d) Fonts and colors of the “**Laro’t Saya Sa Parke**” logo shall be strictly adopted.
- (e) The phrase “PLAY AND LEARN” in capital letters shall be observed, including its font and color. It shall also be the dominant figure in all promotional materials.
- (f) Other graphic elements may be created and added to a promotional material for visual effects, and for as long as these new elements do not violate the program concept and certain visual components of the Program.
- (g) Inclusion of the logo of PSC and POC in all promotional materials.

RULE 13 PHYSICAL FACILITIES STANDARD

Section 1. *Playing Grounds*

A playing ground shall have the following minimum requirements:

- (a) Flat terrain with no less than 10,000 square meter and with the following preferred conditions:
 - Structured and developed parks or plaza.
 - If idle land or open space, the ground must be cleared from unsafe contours and hazardous elements.