



Republic of the Philippines  
**Department of Education**  
REGION III  
SCHOOLS DIVISION OF BULACAN

Setyembre 8, 2026

Para sa: Assistant Schools Division Superintendents  
Chief Education Program Supervisor of SGOD  
Chief Education Program Supervisor of CID  
Secondary School Heads  
DFSSLG Advisers  
DFSSLG Officers  
Division Learner Formation Coordinators

Mangyaring ipabatid na ang Pamahalaang Panlalawigan ng Bulacan ay magsasagawa ng Laro ng Lahi bilang bahagi ng taunang pagdiriwang ng **Singkaban Festival 2026 sa Setyembre 10, 2026**, na gaganapin sa **Bulacan Sports Complex** at lalahukan ng mga kinatawan ng **Division Federated Supreme Secondary Learner Government (DFSSLG)**.

Ang mga dadalo at lalahok ay binubuo ng mga DFSSLG Federation Officers, kabilang ang President, Vice-President, Secretary, Treasurer, Auditor, Public Information Officer (P.I.O.), at Protocol Officer, kasama ang School YES-O President o BKD President ng kanilang paaralan, at mga EDDIS Representatives na may edad 16 taong gulang pababa.

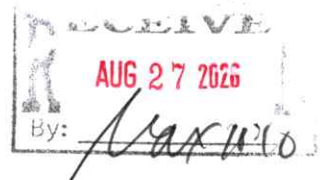
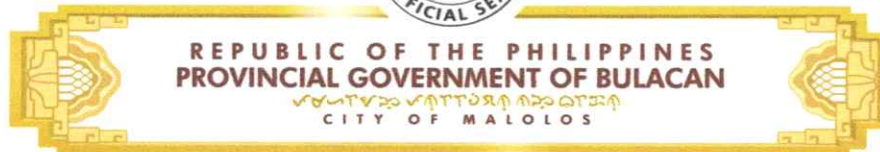
Layunin ng nasabing gawain na mapalaganap at mapahalagahan ang mga tradisyunal na larong Pilipino, mapalakas ang pakikipagkaisa at pakikilahok ng mga kabataan, at mapanatili ang pagpapahalaga sa kulturang Pilipino bilang bahagi ng pagdiriwang ng Singkaban Festival 2026.

Ito ay magsisilbing Travel Authority ng mga dadalo.

Mahigpit na hinihikayat ang 100% attendance.

  
**CECILIA E. VALDERAMA, PhD, CESO VI**  
Schools Division Superintendent

**DIVISION LETTER**  
No. *2026* s. 2026



## PANLALAWIGANG TANGGAPAN SA PAGPAPAUNLAD NG KABATAAN AT ISPORTS (PUBS)

DepEd-SDO of Bulacan Office of the SDS



Agosto 25, 2026

**BB. CECILIA E. VALDERAMA, PhD, CESO VI**  
*Schools Division Superintendent – DepEd Bulacan*  
Lalawigan ng Bulacan

Mahal na **Bb. Valderama:**

Bilang isang lalawigang mayaman sa kasaysayan, kultura, at tradisyon, layunin nating muling ipakilala at ipamulat sa mga kabataan ang mga tradisyunal na larong Pilipino, mga larong sumasalamin sa ating kultura, pagkakaisa, at diwa ng pagiging makabayan.

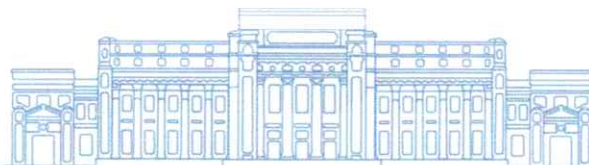
Kaugnay po nito, ang Pamahalaang Panlalawigan ng Bulacan, sa pamamagitan ng Panlalawigang Tanggapan sa Pagpapaunlad ng Kabataan at Isports, ay magsasagawa ng **Laro ng Lahi** bilang bahagi ng taunang pagdiriwang ng **Singkaban Festival 2026**. Gaganapin ito sa **Setyembre 10, 2026**, ganap na ika-8:00 ng umaga, sa **Bulacan Sports Complex**.

Magalang din pong hinihiling na makapagtalaga ng **dalawangpung (20) estudyante** na may edad **labing anim (16) pababa** bilang **kalahok** sa nasabing programa.

Pauna na po ang aming taus-pusong pasasalamat at hangad namin ang inyong positibong pag-tugon sa aming kahilingan.

Lubos na sumasainyo,

  
**ABGDO. NIKKI MANUEL S. CORONEL**  
Punò



## LIST OF TRADITIONAL GAMES/LARO NG LAHI

### 1. Agawang Base

**Equipment:** base (any tangible object)

**Number of players:** 10 players each team

**Duration:** 20-30 minutes

**Mechanics:**

- There are two bases, each base or team has equal number of members;
- One person from each team will be assigned to guard the base;
- *Match Point:* The goal is to steal the base (object) of your opponent and get back to your own base without being tagged/captured by the members of the opposing team or having the greater number of captured opposing team members; and
- A member of the opposing team may be captured by tagging them and taking them to your team's base, where the captured player must link arms. Captured players can be freed by their teammates if a teammate successfully tags the captured player without being tagged by the opposing team.

**Rules:**

- You cannot be tagged when you're on your side/baseline;
- No tackling;
- No hogging the base;
- No unsportsmanlike behavior (*automatic disqualification*)

### 2. Sipa and Turumpo

**Equipment:** sipa and turumpo

**Number of players:** 10 players each team

**Duration:** 20-30 minutes

**Mechanics:**

- Each member of the team will be given 30 seconds to perform sipa;
- A facilitator will count the successful number of sipa performed; and
- Most number of sipa will be accumulated and point will be given to the team with the higher total number of sipa.
- Same Sipa mechanics will be applied to turumpo;
- Each member will throw the turumpo. A facilitator will record the time on how long the turumpo remained spinning on the ground; and
- The player from a team who gained the longest time of spinning gets the point.

**Rules:**

- All teams will be given a 3-minute trial to perform sipa and turumpo; and

- No second attempts or redo will be permitted once the game has officially commenced.

### 3. Kadang-kadang sa Bao

**Equipment:** coconut stilts, plastic straw/rope

**Number of players:** 10 players each team

**Duration:** 20-30 minutes

**Mechanics:**

- Teams line up in a single file behind the starting line. Each team's first player holds the strings of the coconut shells and places their feet on top of the shells;
- On the start signal, players race forward standing on the coconut shells, pulling the strings upward to keep the shells tight against their feet;
- Players reach a marked turning point, go around it, and head back to the starting line;
- Upon returning, the player hands the coconut stilts to the next teammate and tags their hand;
- If a coconut shell breaks, the player must restart their turn with a replacement set; and
- The first team to have all members complete the course wins the race.

**Rules:**

- Players must remain on top of the stilts while moving. Falling off or stepping onto the ground requires the player to restart from the point of the fall or the beginning of their turn; and
- The player must tag their teammate or hand over the stilts cleanly before the next person can start their leg of the race.

### 4. Iring-iring

**Equipment:** handkerchief

**Number of players:** 10 players

**Duration:** 10-20 minutes

**Mechanics:**

- All players except one sit or stand in a circle, facing inward;
- One player is designated as the "It" and holds the handkerchief;
- While the rest of the group sings or chants, the "It" walks or runs around the outside of the circle; and

- The "It" secretly drops the handkerchief behind one of the seated players without them noticing.

**Rules:**

- Seated players must keep facing the center and are not allowed to turn around or look behind them. They can only feel behind them with their hands to check for the handkerchief;
- Once the seated player discovers the handkerchief behind them, they must grab it and chase the "It";
- If the "It" is tagged before reaching the empty spot, they remain the "It" for the next round;
- If the "It" safely sits down, the chaser becomes the new "It"; and
- The team with the greatest number of points win.

## 5. Sambunot

**Equipment:** coconut stilts

**Number of players:** 10 players each team

**Duration:** 10-30 minutes

**Mechanics:**

- A circle is drawn on the floor that should be big enough or based on the number of players and a smaller circle where the coconut husk shall be placed;
- The players are positioned inside the circle;
- At the signal of "Go!", players will rush to the center to get the coconut husk;
- Players may steal the coconut husk from the opposing player/member of the team and/or strategically pass the coconut husk to another member; and
- A player who is successful in getting out of the circle with the coconut husk wins the point and the game starts again.

**Rules:**

- The game will last for 20 minutes;
- The team with the greatest number of points will be the winner; and
- In case of a tie, an additional 5 minutes can be added to determine the winner.

## 6. Luksong Tinik

**Equipment:** none

**Number of players:** 10 players

**Duration:** 20-30 minutes

**Mechanics:**

- Each team must choose the two best jumpers who will be known as "mothers";
- The "mothers" will toss a coin to determine the "mano" or the team who will play first. The team which wins the toss coin gets the privilege to play first, while the opposing team is the "it".
- Two players from the "it" will sit facing each other, with their legs extended towards each other, soles touching and toes pointing upward. The jumpers from the opposing team will jump over the feet or "thorns/tinik" making sure not to touch them; and
- After all the players have jumped, the two players from the "it" team will add their feet then hands one at a time after every successful jump by the members of the opposing team.

**Rules:**

- If a player from the "mano" team touches a "thorn/tinik" by a part of the body or clothing, the "mother" can jump on behalf of his/her fellow member in order to save him/her;
- Each of the "mother" can only save one player from his/her team; and
- Winner will be determined by either which team jumps at a higher level, by counting the "thorns/tinik" or the greatest number of players who successfully jumped over.

**7. Patintero**

**Equipment:** none

**Number of players:** 10 players each team

**Duration:** 20-30 minutes

**Mechanics:**

- A rectangle will be drawn on the playing area with six (6) grids;
- A toss coin shall determine the "it" who will be the guards and "mano" who will play first to cross the grids; and
- The members of the "it" team will be placed in each grid line of the rectangle that shall guard and tag the opposing team by tapping the opposing members of the team, while all runners from the "mano" team should be able to pass through each grid without getting tagged by the "it".

**Rules:**

- Each team will be given five (5) minutes to cross all grids without getting tagged; and
- The winner will be determined by which of the team has the greatest number of players who successfully passed through each grid of the rectangle.

## **8. Agawang Panyo**

**Equipment:** handkerchief

**Number of players:** 10 players each team

**Duration:** 20-30 minutes

### **Mechanics:**

- Each player on a team is assigned a secret number from 1-10;
- The official stands in the middle holding a handkerchief at arm's length, then calls out a number;
- The players from both teams assigned to the called number by the official shall run to the center and grab the handkerchief first; and
- The player who grabs the handkerchief must run back to their base without being tagged by the opposing members of the team.

### **Rules:**

- Each team can only assign five (5) members to run and tag the player who first grabbed the handkerchief;
- The winner will be determined by the greatest number of points by the end of five (5) minutes; and
- In case of a tie, additional five (5) minutes can be added to the game.