



## Pros and Cons of the Latest Pencak Silat Match Rules in Indonesia

**Faris Arman Sad<sup>1a,b,c,d,e</sup>, Nur Subekti<sup>1a,b,c,d</sup>, Rony Syaifullah<sup>2a,b,c,d</sup>**

<sup>1</sup>Sports Education Study Program, Universitas Muhammadiyah Surakarta, Jl. A. Yani, Mendungan, Pabelan, Kec. Kartasura, Kabupaten Sukoharjo, Jawa Tengah, 57162, Indonesia

<sup>2</sup>Physical Education, Health and Recreation, Universitas Sebelas Maret, Ketingan, Jl. Ir Sutami No.36, Kec. Jebres, Kota Surakarta, Jawa Tengah, 57126, Indonesia

E-mail: [farisarmans@gmail.com](mailto:farisarmans@gmail.com) <sup>1</sup> [ns584@ums.ac.id](mailto:ns584@ums.ac.id), [ronysyaifullah@staff.uns.ac.id](mailto:ronysyaifullah@staff.uns.ac.id)

### Abstract

The establishment of the latest pencak silat rules passed by PERSILAT in 2021 has led to various perceptions that lead to differences of opinion from pencak silat practitioners. The purpose of this study is to observe the perceptions of pencak silat practitioners in Indonesia about the plan to enforce the pencak silat competition regulations. This research method uses quantitative and qualitative approaches. The target subjects in the study amounted to 513 respondents which included: administrators, coaches, and pencak silat athletes throughout Indonesia, with data collection techniques using purposive sampling. The data analysis technique uses data reduction, data presentation and conclusion drawing followed by descriptive frequency analysis. The survey on the application of pencak silat match rules in 2021 consists of: (1) knowledge of match rules, (2) training preparation; (2) athlete safety level; and (3) suggestions or input for improvement. The results showed that of the 513 respondents, more than half (89.1%) of the respondents knew about the regulations that would be applied, the rest did not know about the implementation of the latest pencak silat match regulations. Based on the level of safety of athletes from 391 respondents more than half chose a higher risk of injury or 65%. However, further research is needed related to socialization and assistance, both from administrators, coaches, athletes, and all Indonesian pencak silat practitioners.

**Keywords:** Competition Rules, Pencak Silat, Match Rules

---

### Corresponding Author

email: [farisarmans@gmail.com](mailto:farisarmans@gmail.com)

### Artikel Info:

Submitted: 19/03/2023

Revised: 08/10/2023

Accepted: 24/10/2023

Published: 17/11/2023

**How to Cite:** Sad, F. A., Subekti, N., Syaifullah, R. (2023). Pros and Cons of the Latest Pencak Silat Match Rules in Indonesia. *Journal Coaching Education Sports*, 4(2), 277-286. <https://doi.org/10.31599/jces.v4i2.2125>

**Author's Contribution:** a – Study Design; b – Data Collection; c – Statistical Analysis; d – Manuscript Preparation; e – Funds Collection



Journal Coaching Education Sports is licensed under a [Creative Commons Attribution 4.0 International License](https://creativecommons.org/licenses/by/4.0/).

## **A. Introduction**

Pencak silat in the history of Indonesia is an original martial art sport of the cultural heritage of the Malay people (Mujahid & Subekti, 2021; Nur Subekti, Muhad Fatoni, 2021). Pencak Silat, which is a typical martial art of the Malay family, especially Indonesia, has been recognized by UNESCO as an "Intangible Cultural Heritage" (Suhardinata and Indrahti, 2021). One of the legacies of Indonesia's predecessors that has gone global is pencak silat (Pratama, Rendra and Trilaksana, 2018). Not only a tradition, pencak silat is now a sport that is increasingly in demand by millennials (Estanto et al., 2017). Sport has an important role in human life. In the era of information and technology, sport has developed into an economic and industrial commodity (Indarto et al., 2018). This has certainly influenced the world's view of Pencak Silat as a more interesting martial art, worth trying and learning (Nugroho et al., 2021). In its development to date, Pencak Silat has spread across 5 (five) continents and more than 40 (forty) countries. However, not all aspects of Pencak Silat are well developed. Most of the developed aspects of Pencak Silat are only sport Pencak Silat while art Pencak Silat has not been much in demand and studied.

Pencak silat has different techniques, tactics in defense and attack (Nugroho A.M, 2020). However, the right technique in the match is very different from martial arts techniques because the pencak silat match must comply with the applicable pencak silat match rules (Prastyana, 2020; Suyudi et al., 2020).

Pencak silat matches in the adult sparring category are held in 3 (three) rounds, each round consists of 2 (two) clean minutes, with a break between rounds given 1 (one) clean minute. Two minutes clean time means that when the referee stops the match (there is coaching, punishment, fall, doctor's handling, confirmation of the referee to the chairman of the match / judge) then the time count (stop watch) stops. Judgment is given by the judges at each round stop. Provisions for technical achievement scores in pencak silat matches (PB.IPSI, 2012) are as follows: (1) Score 1 is an attack with the hand that enters the target without being blocked; (2) Score 1 + 1 is successful in thwarting the opponent's attack, followed by a counterattack with the hand; (3) Score 2 is an attack with the foot that enters the target without being blocked; (4) Score 1 + 2 is successful in thwarting the opponent's attack, followed by a counterattack using the foot; (5) Score 3 is a direct attack technique that succeeds in

knocking down the opponent; (6) Score 1 + 3 is successful in catching the opponent's attack, followed by the success of knocking down the opponent.

A fighter is declared to have committed a foul if they attack the neck and above, the genitals and make a broken attack on the joints. So the physical component and the quality of the fight determine the outcome of each match (Fatoni, 2019). Violations are divided into two, namely: (1) minor violations are called Reprimand I and II, Reprimand I is worth -1, Reprimand II is worth -2; (2) major violations are called Warning I and II, Violation I is worth -5, Violation II is worth -10. Severe penalties can be directly given severe penalties Disqualification (Nugroho A.M, 2020). Punishment is very influential in the winner's decision, especially when both fighters have the same score, the first determination is to see the highest or most fighter achievement value, if the technical achievement value is still the same then the determination of victory is seen from the fighter's punishment value. The fighter who has the smallest penalty value is the winner. Determination of victory in accordance with The International Pencak Silat Competition Regulation (2013: 34) is divided into 6 (six) including: (1) winning numbers, namely: when the most judges determine that a fighter wins more than the

opponent; (2) winning technique, namely: the opponent cannot continue the match at his own request, the request of the fighter's companion, the doctor's decision, the referee's decision; (3) absolute win, namely: when the opponent falls due to a legitimate attack and cannot get up after the referee counts to a count of 10; (4) WMP win, namely: the referee stops the match because the match is not balanced; (5) win Retreat ie: the opponent does not appear at the arena after being called three times with an interval of 30 seconds; (6) win disqualification ie: the opponent gets a warning III, the opponent commits a serious offense given an immediate disqualification penalty, commits a violation that injures the opponent so that he cannot continue the match, weighing is not in accordance with his class, the fighter cannot show a health certificate from a doctor. Given that pencak silat is a full body contact sport, where pencak silat matches are carried out in high intensity so that the possibility of injury is relatively large. (Fatoni et al., 2018).

The problem is that the latest rules that will be applied in pencak silat matches are very different and tend to lead to the safety and security of athletes both during training and during matches. Given that the rules of the match in pencak silat are mandatory things that must be obeyed and understood

by all fighters in a match. Which with the change in the rules of the pencak silat match will also change the training method and how to play a fighter. Basically, the basic rules of pencak silat sport cover the arena, duration, and fundamental aspects of the match. Pencak silat match rules are divided into several points, starting from match rules, score rules in matches, and determining winners. The purpose of this research is to find out the pros and cons of the latest pencak silat match regulations in Indonesia.

## B. Methods

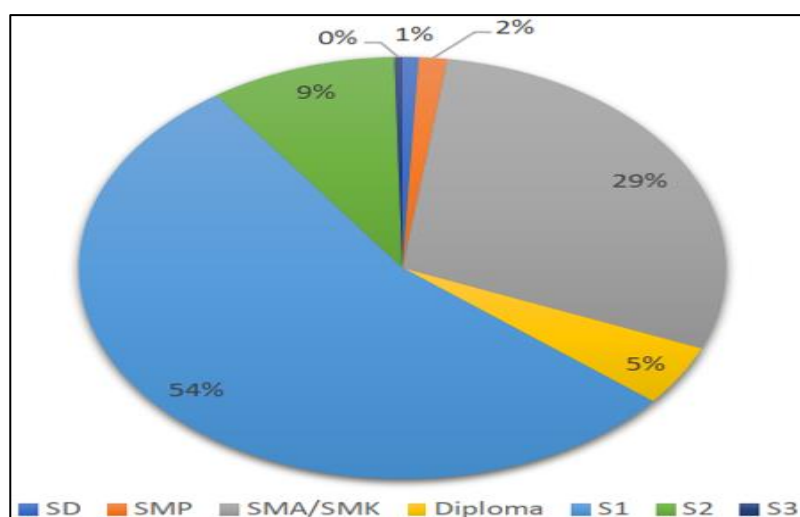
The method used in this study uses a survey method with a quantitative research type approach. Respondents in this study were administrators, coaches, and observers of pencak silat as many as 513 respondents from various levels of

education from elementary, junior high, high school, diploma, bachelor (S1), master (S2), and doctoral (S3). Data collection techniques through google forms provided by researchers. The data analysis technique uses descriptive frequency analysis with the provisions of data reduction, data collection, and conclusion drawing.

## C. Result and Discussion

### 1. Education Level

The educational background of respondents related to the Pros and Cons of the latest pencak silat match regulations in Indonesia is more than half are undergraduate (S1). This shows that there are more undergraduate respondents compared to those from SD to SMA, Master (S2) and Doctoral (S3) levels of education. Figure 1 below provides a detailed explanation of the gender background of the supporter community;



**Figure 1. Education Level**

An overview of the background of the supporter community respondents shows that there are more male supporters than female supporters in the teaching and learning process. Among the 513 respondents, 54% of them are bachelor (S1), 29% are high school education level, 9% are master education level, 5% are diploma education level, 2% are junior high school, and 1% are doctoral (S3) and there is no elementary education level. For respondents dominated by martial arts administrators and coaches are Bachelor graduates (S1), therefore these administrators and coaches have more time to give their thoughts for the progress of

pencak silat in Indonesia, while the least respondents are doctoral level, because these respondents have more busy work when compared to undergraduate programs.

## 2. Knowledge of the latest pencak silat rules

Knowledge related to pencak silat (PERSILAT) regulations in pencak silat administrators and coaches throughout Indonesia is more than half aware of the 2021 pencak silat regulations, the rest do not know about these regulations. Can be described in Figure 2 below:

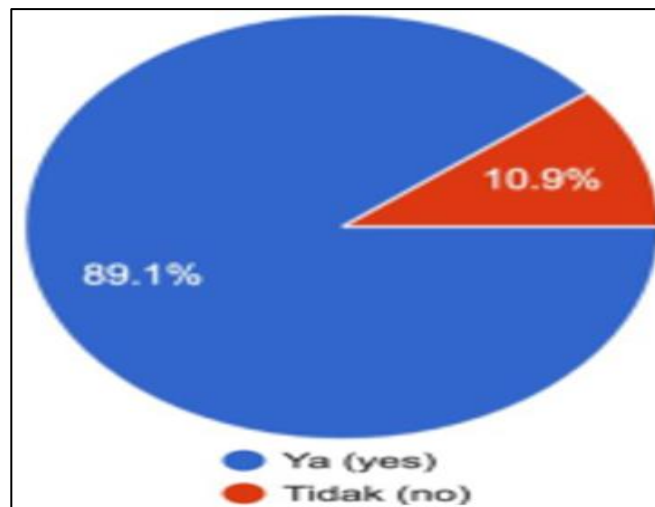


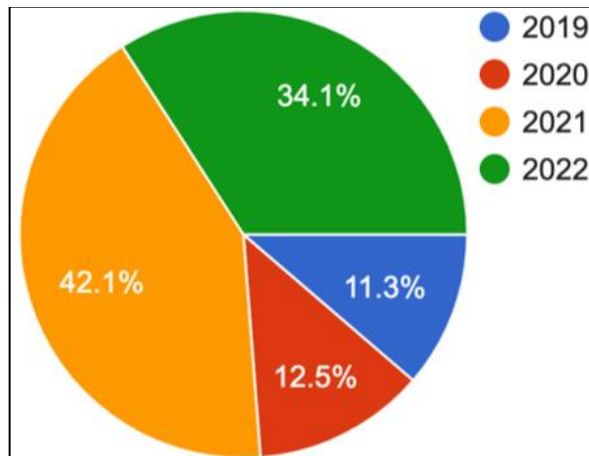
Figure 2. Knowledge of Martial Arts Rules

Knowledge related to the pencak silat rules that will soon be applied to matches from regional to national levels, out of 513 respondents more than half (89.1%) of respondents knew about the rules that would be applied while the rest did not

know about the latest pencak silat match rules or 10.9%. Interestingly, only 10.9% of respondents did not know about the latest match rules that would be applied during the match. Furthermore, the understanding of the last 4 years related to starting in

2019-2022 with the latest pencak silat match regulations, it turns out that less than half or 42.1% in 2021 know about the match regulations for pencak silat matches. Uniquely here in 2022 only 34.1% know the rules that will be applied to the latest pencak silat matches. Indicators of knowledge of the latest pencak silat match regulations consist of the application of rules in training and matches, seeing match regulations, security about match regulations, differences in simplicity related to the latest matches, objectivity of match regulations, attractiveness of match regulations, attractiveness related to the development of techniques, satisfaction about match regulations, the design of the

arena, the application of 3 judges in the match, the application of 10 judges in the art category, the latest scoring system, the match chairman of the uniform, the protest commissioner 1 person, the application of the Video Assistance Replay (VAR) system the latest match rules are more effective, the selection of the 2021 rules as a consideration in 2013, the risk of the latest rules, and the revision of the new rules. For this reason, the administrators and coaches or policy makers should not be rash in applying the applicable regulations, and then be more intense in socializing about the applicable match regulations. The results of the survey can be seen in the following figure;

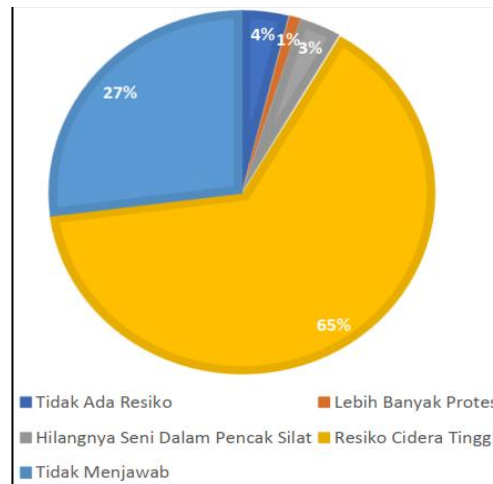


**Figure 3. Knowledge of the Latest Pencak Silat Regulations**

### 3. Risk Knowledge of the Latest Pencak Silat Rules.

Knowledge of the risk of new rules if applied in matches, both sparring and art categories, consists of sub-indicators of no risk, high match risk, more protests, loss of

art in pencak silat, uniquely from 391 respondents more than half chose a higher risk of injury or 65%. This needs to be considered in the application of the latest pencak silat match rules, see the following figure:



**Figure 4: Risks in Implementing the New Match Rule**

Based on the results of research through surveys, there are inputs and expectations on pencak silat regulations, namely (1) The art in pencak silat (pencak silat rules) must remain, (2) The clothes of the match chairman, referees and judges should not be changed, (3) The overall regulation must be reviewed because it will increase the risk of injury, especially pulling; and (4) Maybe it can be combined between the 2013 and 2021 regulations. Furthermore, hopes related to the latest pencak silat regulations are (1) Can bring pencak silat into the Olympics and can develop according to technological advances but not forgetting the rules of pencak silat; and (2) Revise the 2021 regulations. Meanwhile, the hopes for the progress of pencak silat are (1) to remain sustainable; (2) to be able to spread throughout the world amid technological advances and the traditions and rules in it can still be well maintained; (3) to enter the

Olympics; and (4) to be able to follow and apply technology to the match and scoring system. Basically, when competing, fighters who attack and defend often commit violations. This pencak silat regulation aims to maintain safety and fairness during the match.

The results of this study are in line with research conducted (Iswanto et al., 2018) that providing understanding material to Athletes about the rules of the sparring category pencak silat match in training both in theory and practice so that Athletes better master the rules of the match. The results of research conducted by (Rozalini et al., 2020) The results and conclusions of this study are as follows: 1) Kicks and punches that are right on target and declared by the jury valid (have points) are kicks and punches that have a minimum vibration value of the X axis =  $10.27 \text{ m/s}^2$ , Y =  $1.83 \text{ m/s}^2$  and Z =  $-2.40 \text{ m/s}^2$ , 2) the accuracy of scoring using accelerometer

sensor tools can help judges in assessing kicks and punches that are declared valid and on target. The suggestions in this study are: (1) for pencak silat sports players, they must further improve the scoring system in pencak silat matches, especially minimizing cheating in the scoring process using accelerometer sensors. (2) the results of this study are expected to minimize the level of subjectivity of judges in assessing a pencak silat match.

#### **D. Conclusion**

Based on the results of data analysis and discussion of the research that has been carried out, it can be concluded that the application of the latest match regulations consists of knowledge of the latest pencak silat match regulations, application of regulations in training and matches, seeing match regulations, security about match regulations, differences in simplicity related to the latest matches, objectivity of match regulations, attractiveness of match regulations, interestingness related to the development of techniques, satisfaction about the rules of the match, the design of the match arena, the application of 3 judges in the match, the application of 10 judges in the art category, the latest scoring system,

the match chairman of the uniform, the protest commissioner 1 person, the application of the Video Assistance Replay (VAR) system, the latest match rules are more effective, the selection of 2021 rules as a consideration in 2013, the risk of the latest rules, and the revision of new rules. The need for careful consideration and socialization to all martial arts people and policy makers. Furthermore, with the research in the form of this survey, it becomes additional information and knowledge for administrators, coaches, coaches, students, athletes and practitioners of pencak silat sports. For researchers is for initial capital in carrying out future research and as additional knowledge; and The results of this study can also be used as a reference for further researchers and sports practitioners in developing the sport of pencak silat, especially related to pencak silat match regulations.

#### **E. Acknowledgments**

Thanks to all those who supported the implementation of this research.

#### **F. Conflict of Interest**

No Conflict of Interest



## Reference

- Estanto, D., Purnomo, E., & Haetami, M. (2017). *Pengembangan Alat Penunjang Pertandingan Pencak Silat ( Scoreboard ) Berbasis Web*. Pengembangan alat adalah suatu pengembangan ini adalah berupa papan skor cara yang dilakukan untuk merencanakan. 1–8.
- Fatoni, M. (2019). *Anthropometric Factors Determinants Of Pencak Silat Tanding Category*. 355(Pfeic), 44–48.
- Fatoni, M., Nurhidayat, & Sudarmanto, E. (2018). Aplikasi Latihan Kombinasi Zig–Zag teknik dan Pengaruhnya Terhadap Kecepatan Tendangan Sabit Pesilat Putra JPOK Fkip Universitas Sebelas Maret Surakarta. *Jurnal Muara Oahraga*, 1(1), 64–75. <http://ejournal.stkip-mmb.ac.id/index.php/pjkr/article/view/58>
- Indarto, P., Subekti, N., & Sudarmanto, E. (2018). Pengukuran Tingkat Minat dengan Bakat Mahasiswa Pendidikan Olahraga Universitas Muhammadiyah Surakarta. *JSES : Journal of Sport and Exercise Science*, 1(2), 57. <https://doi.org/10.26740/jses.v1n2.p57-61>
- Iswanto, T., Wahyudi, R., & Achmad. (2018). Tingkat Pemahaman Atlet Terhadap Peraturan Pertandingan Pencak Silat Kategori Tanding Hasil Munas Ipsi Tahun 2012 ( Studi Pada Atlet Unit Kegiatan Mahasiswa Pencak Silat Universitas Negeri Surabaya ). *Jurnal Prestasi Olahraga*, 1(2), 1–8.
- Mujahid, H., & Subekti, N. (2021). Analisis Taktik Pertandingan Pencak Silat Kategori Tanding Tactical Analysis of Pencak Silat Competitions in the Competing Category. *Journal Coaching Education Sports*, 2(2), 123–136.
- Nugroho A.M, A. (2020). Analisis Penilaian Prestasi Teknik Dalam Pertandingan Pencak Silat Analysis of Technical Achievement Assessment in Pencak Silat Competition. *JORPRES (Jurnal Olahraga Prestasi)*, 16(2), 66–71. <https://journal.uny.ac.id/index.php/jorpres/article/view/31655/pdf>
- Nugroho, H., Gontara, S. Y., Angga, P. D., Jariono, G., & Maghribi, I. L. (2021). Quality Of Physical Condition Of Youth Pencak Silat Athletes Reviewed From Speed, Power, and Strength. *Kinestetik : Jurnal Ilmiah Pendidikan Jasmani*, 5(1), 154–162. <https://doi.org/10.33369/jk.v5i1.14376>
- Nur Subekti, Muhad Fatoni, R. S. (2021). *meningkatkan kompetensi pelatih*

- pencak silat berbasis sport science dan tuntutan aktifitas pertandingan pada pelatih ipsi se-Kabupaten Demak*. 2(4), 767–773.
- PB.IPSI. (2012). Peraturan Pertandingan IPSI 2012. In *pedoman pelaksanaan tugas wasit juri ikatan pencak silat indonesia*.  
<https://fdokumen.com/download/peraturan-pertandingan-ipsi-2012>
- Prastyana, B. R. (2020). Analisis Hasil Pertandingan Pencak Silat Pada Kejuaraan DANDIM CUP III Kabupaten Nganjuk Tahun 2019. *Journal STAND : Sports Teaching and Development*, 1(1), 9–16.  
<https://doi.org/10.36456/j-stand.v1i1.2367>
- Pratama, Rendra, Y., & Trilaksana, A. (2018). Perkembangan Ikatan Pencak Silat Indonesia (Ipsi) Tahun 1948-1973. *E-Journal Pendidikan Sejarah*, 6(3), 1–10.  
file:///C:/Users/User/Documents/Document Fia/tugas-tugas penmas/semester 6/Bu tika/ipsi.pdf
- Rozalini, N., Irfandi, & Zikrur Rahmat. (2020). Analisis Persepsi Juri dalam Penilaian Pukulan dan Tendangan pada Pertandingan Pencak Silat Menggunakan Alat Sensor Accelerometer. *Jurnal Ilmiah STOK Bina Guna Medan*, 8(2), 61–70.  
<https://scholar.archive.org/work/krbn-cmrc5je5zhmv3oa3rym6hm/access/wayback/https://jurnal.stokbinaguna.ac.id/index.php/JSBG/article/download/116/125>
- Suhardinata, S., & Indrahti, S. (2021). Kiprah IPSI sebagai Organisasi Pencak Silat Terkemuka di Indonesia, 1948-1997. *Historiografi*, 2(1), 32–41.  
<https://ejournal3.undip.ac.id/index.php/historiografi/article/view/30956>
- Suyudi, I., Burhanuddin, S., & Silaturrahmi, S. (2020). PKM Sosialisasi Peraturan Ikatan Pencak Silat Indonesia Hasil Musyawarah Nasional Xiv Tahun 2016. *Pengabdi*, 1(1), 22–28.  
<http://103.76.50.195/pengabdi/article/view/15719>