



Rule Violations in Pencak Silat Competitions: A Systematic Review of Violation Types, Sanctions, Impact on Points, Athlete Safety, and Competition Strategy

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Abstract

This study aims to analyze violations of pencak silat competition rules through a systematic review of the types of violations, sanctions, impact on points earned, athlete safety, and competition strategies based on PERSILAT/IPSI regulations for the 2022-2026 period. Applying the Systematic Literature Review (SLR) method in accordance with the PRISMA 2020 guidelines, a literature search was conducted on Google Scholar using keywords related to regulations, violations, sanctions, and safety. Ten articles meeting the inclusion criteria were analyzed.

The synthesis of results shows that minor violations still predominate, although their frequency decreased after the socialization of the new regulations. Graduated sanctions effectively influence points earned and encourage the dominance of takedown techniques. The new regulations successfully reduced the overall frequency of injuries, but the pattern of injuries shifted to the lower extremities, particularly during training. There is a gap in understanding among athletes, coaches, and referees regarding the prohibition on attacks.

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INTRODUCTION

Pencak silat comes from the word "pencak," which means the art of attack and self-defense in the form of rhythmic dance movements with specific rules in society. Meanwhile, "silat" refers to the essence or essence of pencak itself, namely the science of self-defense and fighting that is secret and not disseminated to the public (Maulana et al., 2024). Pencak silat is a traditional sport that has also been developed as a competitive sport. This sport is one of the most popular types of sports in Indonesia and is often competed in various competitions (Wulandari et al., 2025). Competitive sports are sports that aim to foster and develop athletes in a planned, systematic, integrated, tiered, and sustainable manner through various competitions. The goal is to achieve optimal performance supported by sports science and technology (Rukiyah et al., 2021). Over time, pencak silat has spread throughout the world, with 98,667 officially registered associations with PERSILAT. This sport continues to develop both culturally and in terms of performance, so its implementation always follows the rules of the Indonesian Pencak Silat Association (IPSI) (Maulana et al., 2024). Pencak silat is now a competitive sport that is regularly competed in and is highly sought after by the public, including school and university students (Wahyuningtyas et al., 2024).

In the world of sports, the role of referees and judges is crucial to ensuring fair matches are conducted in accordance

with applicable rules. Their decisions often determine the outcome of a match, and therefore, a thorough understanding of the rules and their underlying principles is crucial (Abdillah et al., 2024). Fair play is a key value in sports. However, as time goes by, violations of this value of fair play are becoming more frequent. Simon interprets fair play as a commitment to ethical principles that support a competitive spirit that can be maintained with integrity (Aryanti et al., 2022). In a pencak silat competition, there are rules that must be adhered to by all participants. Activities must be carried out, implemented, monitored, and evaluated to track achievements at the regional, national, and international levels to determine the effectiveness of the coaching process (Syafitri et al., 2025). Regulatory updates in pencak silat were carried out following an evaluation of the old rules, which were deemed suboptimal in ensuring accurate assessments and protecting athletes. Criticism from coaches, referees, and practitioners has prompted organizations such as the Indonesian Pencak Silat Association (IPSI) and the International Pencak Silat Federation (PERSILAT) to revise these regulations. These changes include the implementation of a digital scoring system, the use of sensors in protective equipment, and improvements to penalty procedures. The primary goal of these updates is to create more objective, safer competitions that meet internationally recognized standards (Ndari et al., 2025). An important form of evaluation is match analysis at every pencak silat championship, both national and international. This analysis is conducted at major events such as the National Games (PON), National Sports Week (Popnas), National Sports Week (Pomnas), National Championships (Kejunas), Asian Games, and the World Pencak Silat Championship (Rahayuni & Hariadi, 2023). Understanding the rules on the field will benefit competing athletes.

This knowledge allows them to better master the flow of the match and perform optimally (Ilyas et al., 2024).

However, over time, competition regulations have undergone several changes, which of course affect the types or categories of matches, the competition system, and technical developments, for example, the addition of a competition category (creative solo) to the regulations (Yulianto et al., 2023). The pencak silat competition regulations at the 2012 IPSI National Conference were stricter than the current regulations. Several significant changes are visible in the competition regulations. In the sparring category, two athletes compete from different corners, namely the red corner and the blue corner. Both athletes display attack, takedown, and defense patterns controlled by a referee in the center of the ring. They strive to collect as many points as possible during the match (Fera Susiana & Rizanul, 2023). With a deep understanding of the established rules, referees and judges can determine scores accurately during the match. If a silat athlete performs a defensive or attacking movement that does not comply with the applicable rules, the referee and judges have the authority to impose sanctions or consequences according to the violation committed (Abdillah et al., 2024). On the other hand, several studies have shown that new regulations can bring positive changes. For example, some studies have shown that new regulations may reduce the risk of serious injury in athletes (Suryaningrum et al., 2025).

In pencak silat, kicking techniques are as important as punching techniques. However, kicks generally produce greater power than punches. There are several types of kicks in pencak silat, including the straight kick, the T kick, the horse kick, the crescent kick, and various other kicks (Safitripuspasari et al., 2024). In pencak

silat competitions, mastery of basic attack techniques is crucial for gaining points and controlling the match. Among the attack techniques, the crescent kick (C kick) is the most dominant in the sparring category. Due to its high frequency, the quality and speed of execution of the crescent kick require special attention in athlete development, particularly regarding leg muscle strength and the ability to anticipate opponent movements (Terate et al., 2026). To achieve optimal performance, various aspects need to be considered, including coaching factors that play a strategic role in improving the quality of athletes so they can compete in various championships (Hariono & Aryanto, 2025). Athletes with superior physical condition will be better prepared for matches. This is supported by research showing that most pencak silat athletes are in “good” physical condition (Pohan et al., 2025). Epidemiological studies of injuries in contact sports indicate that sprains, contusions, ligament injuries, and fractures are the most common injury patterns resulting from a combination of impact, repetitive explosive movements, and fatigue during competition (Afis, 2025).

Furthermore, a case study in karate and kempo found that soft tissue injuries such as hematomas and bruises were the most common injuries, while muscle soreness was the second most common injury, followed by sprains and strains in children and adolescents (Nanang & Kusuma, 2023). Due to intense and repetitive training, pencak silat athletes frequently perform throwing and falling techniques. These techniques can cause muscle contractions that can lead to injury. During heavy training, athletes tend to experience decreased focus. This is dangerous when performing throws or falls, as an inaccurate landing can cause a hard impact on the mat and spinal contractions. A risk that is often overlooked is a herniated nucleus pulposus (HNP), better known as a

pinched nerve. This condition can occur due to repeated impacts to the spine and the buildup of lactic acid in the muscles (Triyarso & Setiawan, 2024). Several factors contribute to injuries among pencak silat athletes, which are categorized as intrinsic and extrinsic. Intrinsic factors include physiological, psychological, and social factors. Physiological factors include lack of rest, poor health, and fatigue. Psychological factors include stress, anxiety, and fear, while social factors include disobedience to coaches, pressure during competition, and lack of attention from coaches. Extrinsic factors include sports facilities, competition regulations, and the inherent nature of pencak silat, which requires athletes to remain extremely cautious (Pambudi et al., 2025).

METHODS

This study uses a Systematic Literature Review (SLR) approach in accordance with the PRISMA 2020 guidelines. This systematic review approach was chosen to identify, evaluate, and synthesize scientific evidence related to rule violations in pencak silat competitions for the 2022–2026 period.

This research design is a systematic review aimed at analyzing various aspects of competition rule violations. The literature search strategy was conducted through Google Scholar using a combination of the following primary keywords: "pencak silat," "rule violation," "match sanctions," "athlete safety," and "competition strategy." These keywords were combined using the Boolean operators AND and OR to broaden and narrow the search results. The search focused on scientific articles published between 2022 and 2026.

Inclusion criteria included articles resulting from empirical research and analyses of official regulations that discussed rule violations, competition sanctions, athlete safety, and competition strategies in pencak silat. Exclusion criteria included opinion articles, editorials, news articles, non-systematic reviews, studies not focused on pencak silat competitions, and duplicate articles or articles without full-text availability.

RESULTS AND DISCUSSION

Table 1. Overview results study about regulation 2022-2026 matches

Author	Sample Characteristics	Study Design	Intervention	Result
(Yulianto et al., 2023)	9 elite athletes (5 men, 4 women) from team Indonesian national, Cambodia, Sea Games 2023 (PERSILAT 2022	Quantitative observational (video analysis) match from half beginning until the final)	Observation & recording technique (punches, kicks, falls) using SPSS	Dominant slam technique (28.3%), kicks beside 24%. Violation light happen several times. The 2022 PERSILAT

				regulations)	regulations)	women) indicators)				points
				encourage more strategies aggressive on the fall valid. Sancti ons subtraction points force athlete avoid technique No valid (risk injury neck/head).	encourage more strategies aggressive on the fall valid. Sancti ons subtraction points force athlete avoid technique No valid (risk injury neck/head).	, Tanah Bumbu Regency, South Kalimantan				attacks
										s
										(87.01 %),
										while
										under
										standing
										ng
										prohibition
										lowes
										t
										attack
										(42.85 %).
										Under
										standing
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										violati
										on
										comp
										ete
										reach
										ed
										75%.
						(Wahyuningt yas et al., 2024)	15 referee s & judges Regen cy Ponoro go	Descriptive quantitative (survey questionnaire)	Level of unders tandin g refere e and jury to regula tions match latest catego ry match	Under standi ng to regula tion match categ ory match latest . Refer ee/ jury enoug h under
(Ilyas et al., 2024)	4 Pencak Silat athletes from Terate Muda Satui category match (teenagers & adults;1 1 men, 3	Descriptive quantitative with survey use questionnaire closed Guttman scale (20 questions, 4	Under standing athlete to 2022 regula tions (points, drops, violations)	Under standing overall 76.07 % (high) . Under standing best on terms						

				stand type violati ons and sancti ons, howe ver still there is potent ial gaps influe nce decisi on points and safety athlet e.					qualit y match , streng then sports mans hip, as well as mini mize violati on.
(Ndari et al., 2025)	Coach & athlete (one club)	Survey percepti on qualitat ive- quantita tive	Percept ion coaches and athletes to regulati ons match new	Major ity coach es and athlet es welco me positi ve regula tions new becau se consi dered can increa se	(Maul ana et al., 2024)	Coach es, athlete s and admini strator s local Penca k Silat comm unity (distri ct/city) No mentio ned in a way specifi c)	Commu nity service study commu nity (pre- post implem entation)	Traini ng and sociali zation imple menta tion Regul ation 2022 Penca k Silat Comp etition catego ry match (inclu ding explan ation type violati ons, sancti ons, and	Impro veme nt under standi ng and applic ation rules in the field, declin e violati on mild moder ate, increa se fair play aware ness, safety athlet es, as well

			permit ted techni ques)	as more comp etitive strate gies in accor dance regula tions new.				bruise and disloc ations . Regul ation new suppo rt safety athlet e Howe ver Not yet fully remo ve risk violat ion heavy .
Table 2. Review results study sanctions, impacts to acquisition points, safety athletes and competition strategies								
Author	Sample Characteristics	Study Design	Intervention	Result				
(Suryaningrum et al., 2025)	Pencak Silat sparring athletes at the championship circuit (population participant competition)	Analysis trend injury (observational, before-after regulation)	Analysis impact change regulations on injuries	Frequency injury in a way overall decrease after regulations new, but pattern injury shift with improvement				
					(Afis, 2025)	30 Pencak Silat athletes in the category aged 17-35 years	Survey descriptive quantitative analysis 2023 regulations	Implementation injury analysis 2023 regulations Sprain (22%) and bruise (19.5%) were most dominant injury. The most frequently injure

d body part injury is extre mitie s lower (feet and ankle s 20.7 %). Caus ative factor main is not enou gh heati ng (27.5 %) and conta ct physi cal (26.4 %). 64% of athlet es state regul ations new influe ntial signif						icant to incid ent injury . Injur y sever e (fract ure, ACL) more many athlet es man.
	(Nana ng & Kusu ma, 2023)	Athlet e men & wome n Pencak Silat	Surve y injury epide miolo gy	Muscu loskele tal injury profile	Incid ence Rate for men more high (48.5 per 1000 hours) comp ared to wom en (35.2). Cont usion was the most com mon	

				(36.7 %), follo wed by hema toma. Extre mitie s the botto m is most vulne rable. Histo ry of injury previ ously incre ase 3- fold risk. Mech anism most com mon injuri es is kick from oppo nent (25%).	Regiona l Students				exerc ise, 85% is of a natur e chron ic. Extre mitie s the botto m is most vulne rable (77%), espec ially knee (26%), ankle (24%), and hip (24%). Injur y I only 15%.
(Pamb udi et al., 2025)	142 athletes teenager Sports Week particip ants	Cross- section al survey with questio nnaire	Training vs competi tion injury patterns	87% injuri es happe n mom ent	(Arya nti et al., 2022)	Athlet es & organi zers at the 2022 Hanoi SEA Games multi-	Analys is case fair play violatio ns	Observa tion and analysis docume nt champion ship	Viola tion fair play value s influe nce sancti ons,

championship	acquisition points and images sports .
	Prevention strategies are needed violation for increase safety and performance.

This systematic review analyzes Pencak Silat competition rule violations based on PERSILAT and IPSI regulations for the 2022–2026 period. A synthesis of ten studies meeting the inclusion criteria revealed consistent patterns regarding violation types, sanction mechanisms, impact on points earned, athlete safety, and implications for competition strategy.

Types of Violations and Sanction Mechanisms

Observational studies show that minor violations still predominate (Yulianto et al., 2023). Minor violations include leaving the arena, not following a step pattern, and illegal attacks that do not

cause serious injury. Meanwhile, referees and judges' understanding of the types of violations and sanctions reached 71.4% (Wahyuningtyas et al., 2024). According to the 2022 regulations, sanctions are divided into levels: coaching, reprimand, warning (point deduction), and disqualification. This aligns with findings (Maulana et al., 2024), which reported a decrease in minor to moderate violations after the socialization of the new regulations. (Ndari et al., 2025) also found positive perceptions of the new regulations among coaches and athletes, as they were perceived as strengthening sportsmanship.

Impact on Point Earning

The 2022 regulation changes significantly impacted point-earning strategies. (Yulianto et al., 2023). found that slams became the dominant technique (28.3%), followed by side kicks (24%). Point deduction sanctions (reprimands and warnings) forced athletes to avoid illegal techniques. (Ilyas et al., 2024) reported that athlete understanding of the attack point provisions reached 87.01%, but understanding of the attack prohibition remained low (42.85%). This could potentially result in point losses due to violations.

Athlete Safety

Safety has become a major concern following the new regulations. (Suryaningrum et al., 2025) reported a decrease in overall injury frequency, although injury patterns shifted with an increase in contusions and dislocations. (Afis, 2025) found sprains (22%) and

bruises (19.5%) to be the predominant injuries, particularly to the lower extremities. (Nanang & Kusuma, 2023) found sprains (22%) and bruises (19.5%) to be the predominant injuries, particularly to the lower extremities. (Pambudi et al., 2025) added that 87% of injuries occurred during training, demonstrating the need for a safety approach not only in matches but also in training sessions. New regulations limiting attacks to dangerous areas (head, neck, and genitals) generally support safety, although they do not completely eliminate risk (Aryanti et al., 2022).

Competition Strategy

The 2022 regulations encourage a shift in competition strategy. (Yulianto et al., 2023) emphasize the dominance of fall techniques that require good timing and balance. (Maulana et al., 2024) found an increase in the implementation of regulation-compliant strategies after training, including increased awareness of fair play. (Ndari et al., 2025) reported that the majority of coaches welcomed the new regulations because they could improve match quality. However, there remains a gap in understanding among referees, coaches, and athletes (Wahyuningtyas et al., 2024), potentially impacting decision consistency and strategy effectiveness.

Implications and Recommendations

Overall, the 2022 PERSILAT regulations have successfully improved sportsmanship and safety, although challenges remain in understanding the prohibition on attacks and preventing training injuries. Future research is

recommended using a longitudinal design and a larger sample size to evaluate the long-term effectiveness of the regulations.

CONCLUSION

This systematic review concludes that the PERSILAT/IPSI 2022-2026 pencak silat competition regulations have brought significant changes to competition regulations. While minor violations remain common, their frequency has decreased following the socialization of the new regulations. Tiered sanctions have proven effective in controlling athlete behavior and influencing point scoring. The new regulations encourage the dominance of takedown techniques in competition strategy, although understanding of the prohibition on attacks still needs to be improved. From a safety perspective, the frequency of injuries has decreased overall, but the pattern of injuries has shifted to the lower extremities, particularly during training.

Overall, these regulations have had a positive impact on sportsmanship and athlete safety. Gaps in understanding among referees, coaches, and athletes remain a challenge. Future research is recommended to use a longitudinal design with a larger sample size to evaluate the long-term impact of the regulations.

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