

Important

1. Eliminations for the Lap Olympics are to be held on July 14, 2022, at the Palawan Room at the EDSA Shangri-La Hotel at 1030-1200H.
2. Registration begins at 0800H followed by a brief orientation.
3. Team members must be individually registered to PALES Annual Convention 2022 to be eligible to participate

Team Compositions:

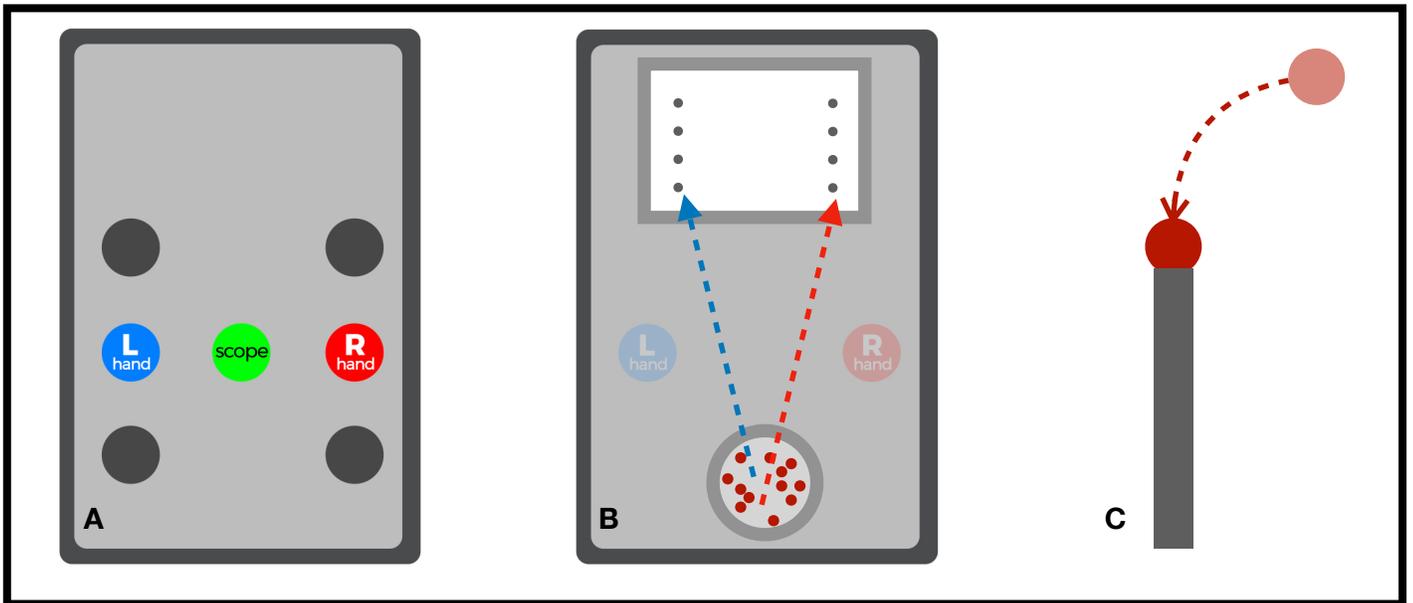
1. Teams should be formed with three members
2. Each member should be a bonafide resident of the training program teams may also be composed of residents with one consultant. The participating consultant should not be an ongoing or graduate of any of the unified training programs of PALES.
3. One team per institution. PSGS accreditation is NOT required
4. Members must determine before hand at which point they will act as cameraman
5. Each participating members MUST be registered to the PALES Annual Convention. Non-registered teams are automatically disqualified.

General Rules During The Contest:

1. The Lap Olympics is a team based relay race.
2. Participation in the elimination is first come, first served basis.
3. Only the three participating team members are allowed in the game zone
4. Teams are to start only when the judge is present and has given the go signal
5. There is one single TEAM TIME. Team time is the time from starting the clock by the first player until the last player stops the clock (penalty times will be added depending on the judges' assessment)
6. Solo time is time when the player grabs the instruments up to the time he or she returns the instruments to the resting position
7. The sum total of all three solo times DOES NOT coincide with the team time.

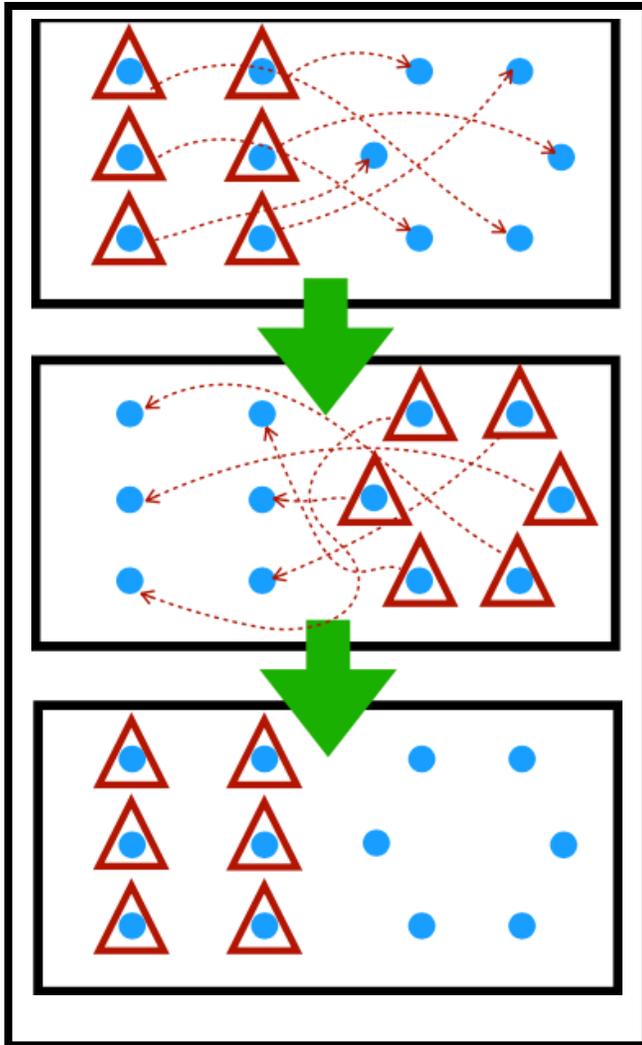
8. A team is only given a maximum of 10 minutes to finish all three skills. Beyond this time, the team is disqualified.
9. Any damage to the equipment during the competition by the team warrants disqualification
10. The flow of any team should follow this order: first player starts the clock located near the first station (any team member positions as camera man at this point) -> first player performs the skill 1 completely -> first player returns all instruments to original position -> first player taps the shoulder of the second player -> second player picks up equipment (another team member acts as camera man at this point) -> second player finishes skill 2 completely and returns all instruments into original position -> second player taps the third player's shoulder -> third player picks up instruments, finishes third task then returns instruments to original position (any team member assists as camera man at this point) -> third player goes back to the clock and stops the timer -> end of relay
11. If there was deviation to the pattern or if a player prematurely finishes a task, the judge will give a verbal warning of "incomplete task". The contestants are tasked to finish the task with the clock running.
12. Teams joining are free to use any combination of available hand instruments at the contest in any of the skills. They are also allowed to bring their own equipment, at their own risk.
13. Care to any of the equipment should also be a priority among participants. As such, improper use or damage to the instrumentation warrants disqualification.

TASK 1 - BEAD TRANSFER AND PLACEMENT

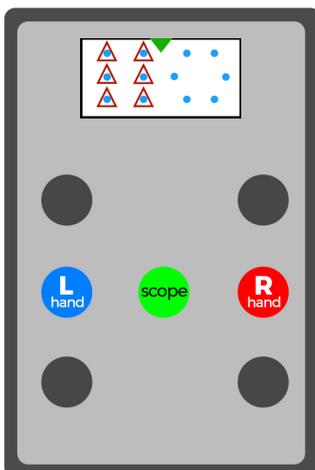


1. The player may only access the working ports based on image A.
2. Each contestant is given a total of 12 beads to use
3. Using either the left hand or the right hand first, each player must place a total of four beads on top of poles arranged in a left and right column.
4. The player must transfer beads must place beads at one side using the ipsilateral hand (image B)
5. If all beads run out from the basin and there are remaining poles to be placed, the player may collect displaced beads inside the compartment to complete the task. The total time of the team will continue to progress.
6. The entire task is completed when all 4 left column and 4 right column poles are filled with beads. (image C)
7. Should a bead already placed fall due to an accident / error committed by the player, the bead is considered to have fallen and the player must either retrieve the bead or get a new bead from the basin. Time will continue to progress should this happen.

TASK 2 - BIMANUAL PEG TRANSFER



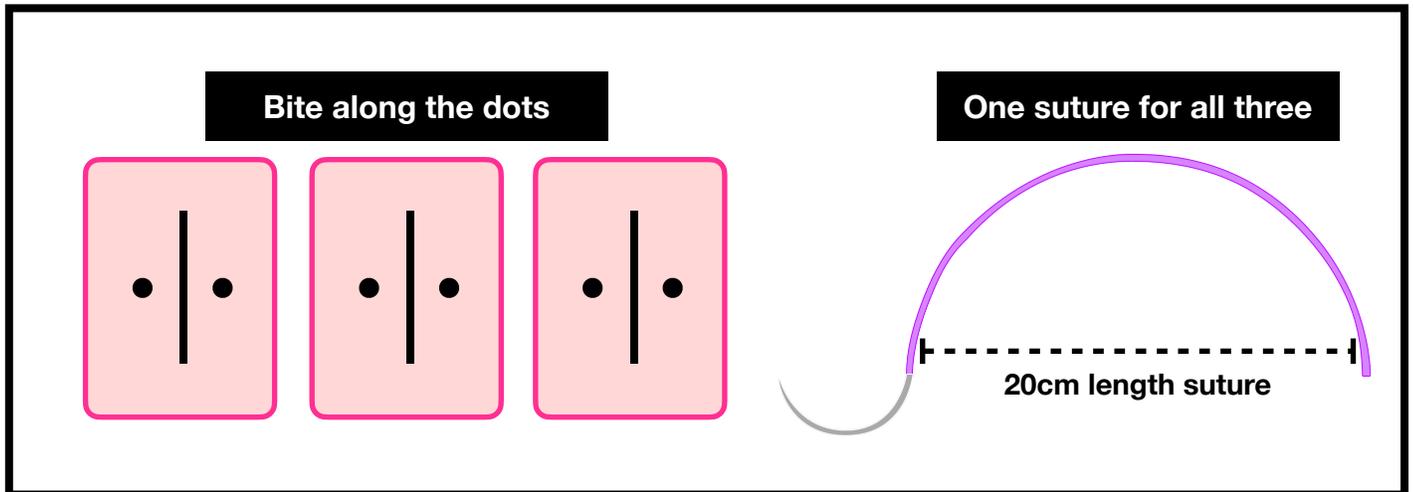
1. This is the starting position of the skill
2. The player picks up the pegs one by one with their LEFT hand
3. While in mid-air, the player then transfers the peg from the left hand to the RIGHT hand
4. The player then drops the peg to the RIGHT side poles (with his or her right hand.)
5. Once all 6 pegs are transferred from LEFT to RIGHT...
6. The player then picks up the pegs, one by one with their RIGHT hand
7. The player transfers the peg from RIGHT to LEFT hand in midair
8. He or she then returns each of the peg to the original positions at the LEFT side using the LEFT hand.
9. This is the endpoint of the skill



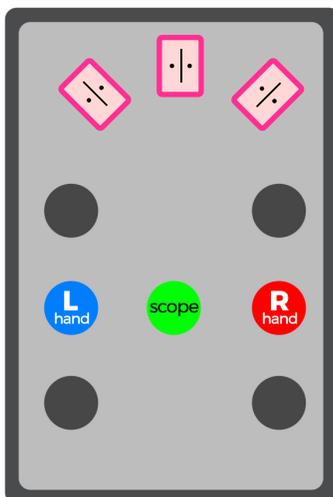
Details:

1. The player can execute peg placement in any manner and pattern they see fit so long as they follow this cardinal rule, pick up at ipsilateral side, transfer mid-air, drop at contralateral side
2. Pegs that fall off does not coincide with any penalty, BUT must be picked up again by the same hand that picked it up originally (ie. peg is being dropped by right hand -> fell off -> MUST pick up by LEFT hand). If this is done incorrectly, a time penalty is given.
3. There is no rescue peg in this exercise. If a peg falls off during execution, the player will have to pick it up, wherever it is inside the box while the clock is ticking

TASK 3 - INTRACORPOREAL SUTURING



1. The player is given a precut 2-0 suture with a round needle. length is fixed at 20 cm.
2. The player is tasked to bite the needle at exactly the dotted points in each of the suturing medium
3. Knot tying is then executed at the following sequence: (a) surgeon's knot, (b) counter knot then a final (c) locking knot
4. Execution of knots must be square, regardless of whether Szabo or Rosser technique are used
5. The player must cut the suture after the knot tying is completed. He or she must then use the remaining suture for the next suturing medium and repeat again until all three media are completed



Details:

1. The player must have the needle enter and exit at exactly the dots
2. Square knots will strictly be observed. Failure may mean an incomplete task
3. Players may use any instruments available, including their own
4. If an incomplete task has been committed, players must continue with the remaining suture or request to open a new suture for execution.
5. If errors in execution occur, the player is tasked to cut the already sutured medium and repeat the process again