



Outlook

Invitation to Participate in PISIKAalaman 2026: The Nationwide Physics Quiz Bowl

From jbcruzado@up.edu.ph <jbcruzado@up.edu.ph>

Date Tue 12/23/2025 1:03 PM

To DEPED II CAGAYAN VALLEY <region2@deped.gov.ph>

Cc uppa.physicsmonth@gmail.com <uppa.physicsmonth@gmail.com>; ktrivera@up.edu.ph <ktrivera@up.edu.ph>

2 attachments (980 KB)

PISIKAalaman 2026 Primer.pdf; [PISIKAalaman] Invitation Letter.pdf;

DepEd Regional Office No. 02



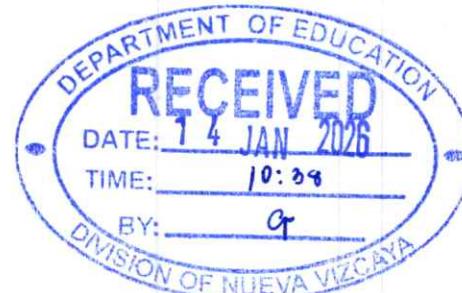
DOCS ID: 10
12232505-1

Created by Records
Date Created: 12/23/2025

RECEIVED

DATE: 12-23-2025

RECORDS SECTION



You don't often get email from jbcruzado@up.edu.ph. [Learn why this is important](#)

Benjamin D. Paragas

Regional Director

Department of Education, Region II (Cagayan Valley)

Warm greetings from the **University of the Philippines Physics Association**!

The UP Physics Association is a non-profit, academic organization based at the National Institute of Physics, University of the Philippines Diliman, dedicated to promoting physics education and appreciation within and beyond the University. Each year, UPPA holds its flagship event—Physics Month—featuring a series of activities that highlight the elegance and relevance of Physics, as well as promote it as a field of study. Among these is **PISIKAalaman**, a **nationwide physics quiz bowl** for high school students, designed to cultivate deeper appreciation, enthusiasm, and passion for physics.

In line with this, we warmly invite each campus under your region to participate in **PISIKAalaman 2026**. Attached to this email is the official invitation letter and event primer containing the mechanics and registration details. You may also access them through the following links:

Registration Link: <https://tinyurl.com/PISIKAalaman2026Regis>

Official Primer: <https://tinyurl.com/PISIKAalaman2026Primer>

Should you have any questions or concerns, please do not hesitate to contact us at uppa.physicsmonth@gmail.com or through the contact details in this letter.

We look forward to the active participation of each region in advancing physics through PISIKAalaman 2026.

In the spirit of uplifting science,

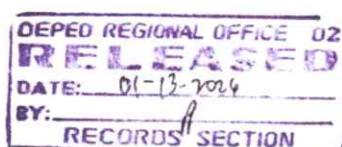
JOHN CLARENCE B. CRUZADO

Project Head, PISIKAalaman 2026

UP Physics Association

National Institute of Physics

University of the Philippines Diliman



January 8, 2026

To: **ALL SCHOOLS DIVISION SUPERINTENDENTS**

In view of this activity, this Office reiterates that the participation of public and private schools is voluntary and shall be subjected to the non-disruption-of-class policy as stipulated in DepEd Order No. 9, s. 2005 entitled Instituting Measures to Increase Engaged Time-on-Task and Ensuring Compliance Therewith.

BENJAMIN D. PARAGAS PhD, CESO III
Director IV/ Regional Director

MEMORANDUM		Date: 1-14-2026	Released (records): <i>Oliver</i>
To:	<input checked="" type="checkbox"/> PSDS/DICs	<input checked="" type="checkbox"/> Elem/Sec School Heads	
	<input type="checkbox"/> Private Schools	<input type="checkbox"/> Others:	
For:	<input checked="" type="checkbox"/> Information	<input checked="" type="checkbox"/> Dissemination	
	<input checked="" type="checkbox"/> Guidance	<input type="checkbox"/> Strict Compliance	
ORLANDO E. MANUEL PhD., CESO V			
Schools Division Superintendent			
By:	<input checked="" type="checkbox"/> ASDS	<input type="checkbox"/> CID Chief	<input type="checkbox"/> SGOD Chief
	<input type="checkbox"/> AO	<input type="checkbox"/> Atty.	



UP Physics Association

National Institute of Physics, College of Science
University of the Philippines, Diliman
1101 Diliman, Quezon City

What is PISIKAalaman?

PISIKAalaman is a nationwide Physics quiz bowl for high school students, designed to cultivate deeper appreciation, enthusiasm, and passion for Physics. Through a series of challenging rounds, it tests students' problem-solving skills, analytical thinking, and conceptual understanding of Physics while fostering academic excellence and a healthy spirit of camaraderie through a friendly quiz bowl competition.

More than just a contest, **PISIKAalaman** offers high school students a glimpse into the exciting world of Physics. It introduces participants to advanced concepts and the vibrant academic environment of the **National Institute of Physics (NIP)** at the **University of the Philippines Diliman**. The competition also serves as an open invitation for students to connect with the broader Physics community and explore future pathways in Physics—potentially as members of the NIP in their college journey.

RULES AND MECHANICS

I. REGISTRATION PROPER

- A. The registration period is until the **17th of January 2026 (Saturday), 11:59 PM**.
- B. Each team that wishes to register for PISIKAalaman must pay a **non-refundable registration fee**. The corresponding fees are provided based on school category as shown below:

SCHOOL CATEGORY	REGULAR FEE	EARLY BIRD PROMO*
Public High Schools	Php 500.00	Php 400.00
Private High Schools	Php 600.00	Php 500.00

*The Early Bird Promo will only run from **November 5, 2025 to November 19, 2025, 11:59 PM**.

- C. Registration will only be confirmed when the registration fee has been paid (thru GCash or Bank Transfer) and verified. All interested teams are required to submit all documentary requirements and register at the Registration Forms (<https://forms.gle/87vHqV16rAVz6GFy7>) on or before **January 17, 2026 (Saturday), 11:59 PM**. To avail of the Early Bird Promo, teams must register **ON or BEFORE November 19 (Wednesday), 2025, 11:59 PM**.

- D. Modes of payment:

GCash : 0908 669 9013
JESSICA ANNE TALES (JE****A AN*E T.)

BDO : 0102 2016 5998
UPPA / JESSICA ANNE TALES

Uplifting science!



UP Physics Association

National Institute of Physics, College of Science
University of the Philippines, Diliman
1101 Diliman, Quezon City

- E. The proof of payment for registration must be uploaded in the Registration Forms via Google Forms (<https://forms.gle/87vHqV16rAVz6GFy7>) OR must be sent to uppa.physicsmonth@gmail.com. Acknowledgment of payment and the confirmation of registration will be sent through the registrant's/team coach's email.
- F. The details of the event contact persons are as follows:
John Clarence Cruzado (Event Head): jbcruzado@up.edu.ph | 0995 355 8232
Kyle Florian Rivera (Event Co-head): ktrivera@up.edu.ph | 0956 968 1390
- G. For further updates on PISIKAalaman 2026, stay tuned to the official Facebook Page of UP Physics Association (fb.com/upphysics).

II. GENERAL COMPETITION GUIDELINES

A. Team Composition and Eligibility

1. All High Schools in the Philippines are eligible to join the competition. Each school is allowed to register a **maximum of two (2) teams** in the competition.
2. Each team shall be composed of **three (3) participating members**. The team may also register **one (1) OPTIONAL substitute member**. Only bona fide high school students at any level (Grade 7 to 12), enrolled in the participating school, are eligible to be a member of the team.
Note: The team may be composed of JHS students, SHS students, or a mix of both.
 - 2a. The three participating members are the main participants for the event.
 - 2b. In case one of the participating members cannot make it to the competition **before the start of the elimination round**, the substitute member can replace them.
 - 2c. Each member, including the substitute member, can only be a part of a single team.
3. Team rosters must be finalized no later than one (1) week before the start of the First Round.
4. Substitutions can be made **only once**. Once a substitute member replaces one of the main participants, no further substitutions for any reason will be allowed. The organizers must be informed when a team decides to utilize its substitute member.
5. In case any of the registered participants cannot make it on the day of the contest proper resulting in an **incomplete number of team members (three, 3)**, the team will be disqualified.

of uplifting science!



UP Physics Association

National Institute of Physics, College of Science
University of the Philippines, Diliman
1101 Diliman, Quezon City

B. Registration Information Needed

The University of the Philippines Physics Association values the privacy and security of personal data given to us by the applicants of the said event. As an academic organization, we are committed to comply with the Data Privacy Act of 2012 (DPA) and treat the information, data, and documents uploaded with utmost confidentiality while ensuring that our genuine and legitimate interests to fully and effectively carry out responsibilities are met.

The University of the Philippines Physics Association holds the right to collect and use personal data given by the applicants to verify the applicant's information is true. We collect your personal data that include those you provide us during your application. The University of the Philippines Physics Association will not share your personal information with any third parties without your consent, unless the law allows us to do so.

1. The coaching staff must submit to the Registration Form (<https://forms.gle/KvvIP2rbTLb6PKTz7>) each team member's **recent valid school IDs (Front and Back)**, and **proof of enrollment** for identification purposes. The **email addresses to be used throughout the competition** and **contact numbers** of both the coach and each of the participating students will also be required.
2. The team coach shall provide his/her personal **GCash** number or **Bank** account information. The team coach shall be the one responsible for the prize distribution of the winning team.

C. Devices and Accounts Needed

1. A *reliable laptop/personal computer with working camera and microphone for each participant*. Your device should be able to handle **Zoom** and **a web browser all at once**.
2. A *reliable internet connection*. The Elimination Round of the competition will be held online; thus, the participants need a reliable internet connection.

Technical issues. The organizers shall not be held responsible for any technical difficulties experienced by participants. Participants are advised to prepare necessary contingencies to technical difficulties, including but not limited to:

- a. internet disconnection and/or latency issues
- b. hardware/device problems
- c. electrical outage

of uplifting science!



UP Physics Association

National Institute of Physics, College of Science
University of the Philippines, Diliman
1101 Diliman, Quezon City

D. Competition Proper

1. PISIKAalaman 2026 will be implemented in a hybrid setup. The competition consists of three rounds: an online **First Round**, and a face-to-face **Second Round** and **Final Round**.
2. *First Round*
 - a. The Elimination Round will be held online on **January 31, 2026**. This round will be done through an *online quizzing platform* and **Zoom**.
 - b. The exam consists of **30 questions** divided between two parts:
Part 1: **25 Multiple-choice questions (1 pt. each)**
Part 2: **5 short answer questions (3 pts. each)**
 - c. Proctoring will be done via **Zoom**. Breakout rooms will be created and Participating teams will be evenly distributed throughout the breakout rooms.
 - d. The **Elimination round** shall run for **90 minutes**. After 90 minutes, an additional 5 minutes will be given as a **grace period** for all participants. During this time, the participants must submit their answers to the quizzing platform. After the grace period is over, the **facilitators shall end the round regardless** if some individuals are still answering the questions. **Only the participants whose answers were recorded before the end of the grace period will be considered for checking.**
 - e. In case any of the members is disconnected, the disconnected participant(s) must inform the event contact persons via text message regarding their circumstance and the estimated time of return to the platform. **The elimination round will not be extended.**
 - f. The **Top 30** teams with the **highest cumulative team points** will proceed to the **Second Round**, to be held in-person at the National Institute of Physics, UP Diliman.
 - g. The Top 30 teams that made it to the Final Round will be **announced via a post** in the Official Facebook Page of the UP Physics Association. The highest individual scorer for each school will also be announced in a post. The participants' mean team scores will be emailed to the coaches. For transparency, **answers and solutions to the questions will also be released after the exam.**

of uplifting science!



UP Physics Association

National Institute of Physics, College of Science
University of the Philippines, Diliman
1101 Diliman, Quezon City

3. Second Round

- a. The Second Round will be held **on-site** at the **National Institute of Physics, UP Diliman**, on the **morning of February 28, 2026 (Saturday)**. All **booking and costs for transportation and accommodation shall be fully shouldered by the participating schools**. The organizers will not be responsible for these.
- b. Teams that made it to the Second Round must confirm their attendance for the in-person rounds not later than a week after the announcement of the qualifiers. If applicable, each qualifying team may include proof of transportation and accommodation booking. Failure to comply will result in **forfeiture of the team's slot in the Final Round**, which will be allocated to the next qualifying teams from the Elimination Round.
- c. This round will follow a **written exam format** and consist of **30 questions** divided among three parts:
 - Part 1: **15 Multiple-choice questions (2 pts. each)**
 - Part 2: **7 short answer questions (3 pts. each)**
 - Part 3: **3 show-solution questions (5 pts. each)**
- d. The **Top 15 teams with the highest cumulative team points** will proceed to the Final Round that will be held on the same day at the same venue.
- e. For transparency, **answers and solutions to the questions will also be released after the exam**.

4. Final Round

- a. The Final Round will be held **on-site** at the **National Institute of Physics, UP Diliman**, on the **afternoon of February 28, 2026 (Saturday)**. The questions will be displayed on a screen and will be read twice by the quizmaster. Teams will then answer collectively, displaying their responses on small whiteboards, which will be provided by the organizers.
- b. Each team will be assigned with one facilitator in their group circle. The facilitator shall serve as the communicator between the participants, the organizers, and the board of judges in the event of a protest regarding the final answer of a question. Additionally, the facilitator will monitor the students for potential cheating attempts.
- c. Solutions will not be shown unless when deemed necessary by the board of judges. Participants may secure themselves clean solution papers. The facilitator of the corresponding team shall double check that the scratch papers are clean.

of uplifting science!



UP Physics Association

National Institute of Physics, College of Science
University of the Philippines, Diliman
1101 Diliman, Quezon City

d. This Final Round will consist of a total of 32 questions that will be divided as follows:

Category	Easy	Average	Difficult
No. of Items	15	10	7
Time Allotment For each Item	30 / 45 seconds	60 / 75 seconds	150 seconds
Weight For each Item	2 pts.	3 pts.	5 pts.

e. The questions will be read twice. They are only allowed to start writing after the first reading. A warning will be given each time the participants violate this rule. **A second offense will result in the forfeiture of the participant's answer to the question.**

f. In case of a tie for the top three places, a **Clincher round** will take place. The ranks will be determined based on the team scores in this round.

g. **The Top 3 teams** with the highest number of points will be awarded as the **Champion, First Runner-up, and Second Runner-up**. Winners will receive Medals, Certificates, Cash Prizes, and Trophies.

5. In the case a contestant(s) has any concern regarding the answer to a question, **they shall inform their corresponding facilitator**. The facilitator will then inform the emcee and announce the protest. The board of judges will then address the concern. **Concerns must be raised immediately before proceeding to the next question, else, it would be deemed invalid.**

6. The board of judges has the power to decide on the concerns of the contestants. They also have the power to void a question, if deemed necessary. **Any and all decisions made by the judges shall be final and irrevocable.**

7. Only a contestant has the right to raise a concern. Any comments and concerns from the audience members (advisers included) will not be entertained.

8. **Non-graphing scientific calculators are allowed.** Before each stage starts, contestants are required to show their calculators for inspection and resetting. **Programming softwares are not allowed.**

of uplifting science!



UP Physics Association

National Institute of Physics, College of Science
University of the Philippines, Diliman
1101 Diliman, Quezon City

9. **Formula sheets** containing general formulas and equations will be provided by the organizers. It will serve as the official formula sheet for the competition. Any other formula sheets that are not provided by UPPA are not allowed to be used. However, contestants are highly discouraged to rely solely on these formula sheets. Participants are advised to familiarize themselves with useful and necessary equations.
10. **Cheating in any form will NOT be tolerated.** Contestants/teams that are proven guilty of cheating will automatically be disqualified. Common forms of cheating includes but are not limited to:
 - a. searching the internet and other sources during the contest proper;
 - b. using a cheat sheet beyond the provided Formula sheet;
 - c. communication with other teams during the contest proper;
 - d. change of participants after the elimination round; and
 - e. other acts that undermine the integrity of the competition.
11. Teams who qualified for the Final Round **should be at the event proper on time**. Qualified teams who failed to be within the event proper in **ten (10) minutes** after the designated time **will be disqualified**.

III. PRIZES

- A. The top three teams will be named as the **Champion, First Runner-up, and Second Runner-up respectively**, and shall receive medals, trophies, certificates, and cash prizes. Likewise, the top three individuals who scored the highest (total) in the First and Second Rounds shall also receive medals, certificates, and cash prizes.
- B. Cash prizes shall be given to the said **top three teams**.

Champion	:	TBA
1st Runner-up	:	TBA
2nd Runner-up	:	TBA

- C. Cash prizes will also be given to the **top three highest individual scorers from the First and Second Rounds**.

Top Scorer	:	TBA
1st Runner-up	:	TBA
2nd Runner-up	:	TBA

- D. Certificates of participation shall be given to all the contestants and coaches at the end of the event through email.

of uplifting science!



UP Physics Association

National Institute of Physics, College of Science
University of the Philippines, Diliman
1101 Diliman, Quezon City

TOPIC COVERAGE

Mechanics

- Vectors
- Kinematics: Motion Along a Straight Line, in 2-Dimensions and in 3-Dimensions
- Newton's Laws of Motion
- Work, Energy, and Conservation of Energy
- Center of Mass
- Impulse, Momentum, and Collisions
- Rotational equilibrium and rotational dynamics
- Fluids
- Periodic Motion

Recommended mathematical skill(s)

- Trigonometry
- Basic Calculus (Differentiation and Integration)

Recommended references

Any fundamentals of Physics academic material. University-level materials may also help in the preparation for the competition. But this reference book is recommended:

Young, H. D., Freedman, R. A., Ford, A. L., & Sears, F. W. (2012). *University physics: With modern physics*. Addison-Wesley.

Walker, J., Halliday, D., & Resnick, R. (2014). *Fundamentals of Physics*. John Wiley & Sons, Inc.

Optics and Waves

- Mechanical Waves
- Geometric Optics
- Interference
- Diffraction

Thermodynamics

- Temperature and Heat
- Thermal properties of matter
- Laws of Thermodynamics

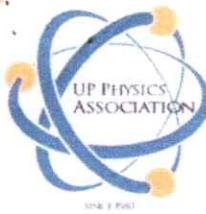
Electromagnetism

- Electric Charge, Field, and Potential
- Gauss's Law
- Capacitance and Dielectrics
- Current, Resistance, and Electromotive Force
- DC and AC Circuits
- Magnetic Field and Magnetic Forces
- Electromagnetic Induction
- Electromagnetic Waves

Modern Physics

- Special Relativity
- Introductory Quantum Mechanics

of uplifting science!



UP Physics Association

National Institute of Physics, College of Science
University of the Philippines, Diliman
1101 Diliman, Quezon City

Warm greetings from the **UP Physics Association**!

The **UP Physics Association (UPPA)** is a *non-profit, academic organization* based at the **National Institute of Physics, University of the Philippines Diliman**, dedicated to *promoting physics education and appreciation* within and beyond the University. For over **40 years**, UPPA has continuously organized initiatives that *foster scientific curiosity, critical thinking, and a deeper understanding of physics* among students and the public.

Each year, UPPA holds its flagship event—**Physics Month**—featuring a series of activities that highlight the elegance and relevance of Physics, as well as promote it as a field of study. Among these is **PISIKAalaman**, a nationwide physics quiz bowl for high school students, designed to *cultivate deeper appreciation, enthusiasm, and passion for physics*. Through a series of challenging rounds, it tests students' problem-solving skills, analytical thinking, and conceptual understanding of physics while fostering academic excellence and a healthy spirit of camaraderie through a friendly quiz bowl competition.

Originally limited to schools in Metro Manila and nearby regions, **PISIKAalaman** has since expanded its reach **nationwide**, engaging *hundreds of students from various high schools across the country*. For the 2026 rendition of the quiz bowl, the event will be conducted in a **hybrid format** to ensure broader participation. Pertinent details are summarized in the table below.

Round	Target Date	Venue
First Round <i>Online Written Eliminations</i>	January 31, 2026 <i>Saturday</i>	Online <i>Via Zoom</i>
Second Round <i>On-site Written Eliminations</i>	February 28, 2026 <i>Saturday</i>	National Institute of Physics <i>University of the Philippines Diliman</i>
Third Round <i>On-site Team Orals</i>		

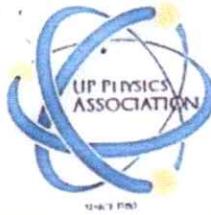
In line with this, we warmly invite **high schools from each region** to participate in **PISIKAalaman 2026**. We kindly seek your office's assistance in *disseminating this invitation* to the Schools Division Offices within your jurisdiction. Please note that a *registration fee applies*. In accordance with the Department of Education's *No Collection Policy*, we emphasize that participation in PISIKAalaman is *entirely voluntary*. We respectfully request interested schools to *shoulder the registration cost for their respective teams*.

Attached to this letter is the official event primer containing the mechanics and registration details. You may also access them through the following links:

Registration Link : <https://tinyurl.com/PISIKAalaman2026Reg>
Official Primer : <https://tinyurl.com/PISIKAalaman2026Primer>

For inquiries, please contact us at uppa.physicsmonth@gmail.com or through the contact details in this letter.

of uplifting science!



UP Physics Association

National Institute of Physics, College of Science
University of the Philippines, Diliman
1101 Diliman, Quezon City

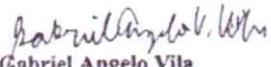
Thank you for your time and consideration. We look forward to the active participation of each region and division in advancing physics through PISIKAalamán 2026.

In the spirit of uplifting science.


John Clarence B. Cruzado
PISIKAalamán 2026 Head
jbcruzado@up.edu.ph


Kyle Florian T. Rivera
PISIKAalamán 2026 Co-head
ktrivera@up.edu.ph

Noted by:

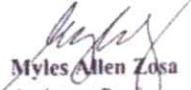

Gabriel Angelo Vila
Physics Month 2026 Head
gvvila@up.edu.ph


Shekinah Mitzel Uy
Physics Month 2026 Head
sduy1@up.edu.ph


Shon Lendl Raneses
UPPA Secretary-General
ssraneses@up.edu.ph

Endorsed by:


Arrianne Nirfela A. Logarta
Instructor - National Institute of Physics
UPPA Junior Faculty Adviser


Myles Allen Zosa
Assistant Professor - National Institute of Physics
UPPA Senior Faculty Adviser

uplifting science!