

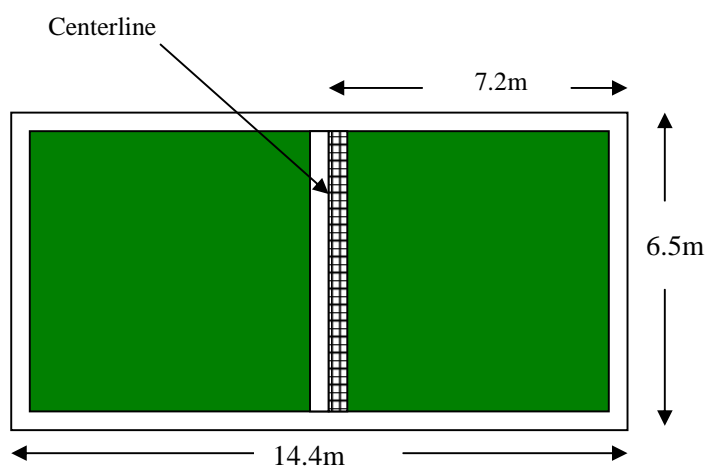


Beach Sepaktakraw

Rules and Regulations

1. THE COURT

- 1.1. Area of 14.4m (7.2m X7.2m each side of the court) x 6.5m free from all obstacles up to the height of 8 m measured from the floor surface. The surface of the court must be beach sand.
- 1.2. The width of the lines bounding the court should not be more than 0.04m measured and drawn inwards from the edge of the court measurements. A tape or rope can be used to be the boundary lines. All the boundary lines should be drawn at least 3.0m away from all obstacles.
- 1.3. The Centerline of 0.02m should be drawn equally dividing the right and left court.



2. THE POST

- 2.1. The posts shall be 1.55m (1.45m for women) in height from the ground and shall be sufficiently firm to maintain high net tension. It should be made from very strong materials and shall not be more 0.04m in radius.
- 2.2. The posts shall be erected or placed firmly 0.3m away from the sideline and in line with the Centerline.

3. THE NET

- 3.1. The net shall be made of fine ordinary cord or nylon with 0.06m to 0.08m mesh. The net shall be 0.7m in width and not shorter than 6.50m in length and taped at 0.05m from tape double at the top and sideline, called boundary tape.
- 3.2. The net shall be edged with 0.05m tape double at the top and the bottom of the net supported by a fine ordinary cord or nylon cord that runs through the tape and strain over and flush with the top of the posts. The top of the net shall be 1.52m (1.42m for women) in height from the center and 1.55m (1.45m for women) at the posts.

4. THE SEPAKTAKRAW BALL

- 4.1. The Sepaktakraw ball shall be spherical having 12 holes, 20 intersections. It shall be made of synthetic fibre of one woven layer covering with synthetic rubber. The circumference shall not be less than 0.40m and not more than 0.44m. The weight before play shall not be less than 170 gm and not more than 200 gm for men and women.
- 4.2. All world, international, regional competitions sanctioned by ISTAF, including but not limited to, the Olympic Games, World Games, Commonwealth Games, Asian Games and Sea Games, must be played with ISTAF approved sepaktakraw balls.

5. THE PLAYERS

- 5.1. A team comprises four players and two reserves. The game is played by two "REGU's" consisting of four players (per team) on each side.
- 5.2. The player serving will position himself behind the baseline of the court. Any one of the four players can execute the serve.

5.3. The other three players shall be in their respective court.

6. PLAYER'S ATTIRE

6.1. The players are allowed to wear anything besides jeans, long pants, and as long as the attire is decent. It is forbidden for players to wear anything that endanger themselves or their opponents during the game.

6.2. Players wearing earrings, chains, watches and any other form of accessories are not allowed to play in the court.

6.3. For women swimming costume is allowed but shorts or bermudas must be worn to overlap the costume.

Recommended apparels are: -

- ✓ Jerseys
- ✓ T-Shirt,
- ✓ Singlet
- ✓ Round neck shirts
- ✓ Bermudas
- ✓ Shorts
- ✓ Tights
- ✓ Caps
- ✓ Sunglasses or Visors
- ✓ Goggles

6.4. The players are permitted to use sun visors, goggles and caps to protect their eyes from the sun.

6.5. The entire apparel of a player is regarded as part of his/her body

6.6. The regu captain is identified with a marking or an armband on the left arm.)

6.7. Anything that helps to speed the ball or movement of a player is not allowed



7. SUBSTITUTION

- 7.1. Substitution of a player is allowed at any time on request made by the Team Manager to the Official Referee when the ball is not in play.
- 7.2. Each "Regu" is allowed to make one substitution per set only.
- 7.3. A Player who has been sent off by Referee during a match may be substituted, provided no substitution has been made.
- 7.4. Any player having played in the starting line-up or as a substitute in the current game is not allowed to play again.
- 7.5. Any "Regu" having less than 4 players will not be allowed to continue the game and will be considered as having lost.

8. OFFICIALS

For International Tournaments, the game shall be managed by the following officials:

- i) 2 Technical Delegates
- ii) 6 Jury
- iii) 1 Official referee (Seated behind the referee's chair)
2 Referees (1 Referee seated in an elevated position and the other also seated in elevated position to help the referee.)
- iv) 2 Linesmen Standing at the baseline facing the Referee

8.1. Two technical delegates to the Sea Games, Asian Games and World Championships and any other international competitions that are sanctioned by ISTAF. The expenses of the Technical Delegates involving round trip air tickets, accommodations, meals and allowances of US\$75.00 per day shall be paid by the organizing committee. The host country must guarantee proper accreditation for technical delegates who have been appointed. The technical delegates must be allowed to inspect the competition venue, facilities and equipment to insure that they conform to ISTAF regulations

8.2. ISTAF Members Jury of Appeals – 4 members to be appointed to a Jury of Appeal to any ISTAF sanctioned competitions including Asian Games, Sea Games and other International and Continental competitions sanctioned by ISTAF. The host country shall provide accommodations, meals and internal transportation during the competition period. Members of the Jury shall be paid US\$20.00 per day for their services. Two (2) members of the Jury of Appeal are to be appointed by the host country of whom one of them is the technical committee chairman and shall act as the chairman of the Jury of Appeal. As for the other member of the Jury of Appeal from the host country, he will act as secretary without vote.

8.3. International Referees

8.3.1. When hosting any Sepaktakraw competition sanctioned by ISTAF including World Championship, SEA & ASIAN Games, Continental & Regional Championships, International Competitions it is incumbent upon the host nation to ensure that at least (2) International Referees approved by the referees committee are in attendance to officiate the tournament.

- 8.3.2. The Chairman of the referee committee or his representatives shall be appointed by ISTAF to oversee the officiating of ISTAF sanctioned competition. The host shall provide economy the round trip air-tickets, accommodation, meals and internal transportation during the period of competitions and shall pay US\$30.00 per day for their services.
- 8.3.3. The host nation shall provide economy round trip air-tickets, accommodation, meals and internal transportation during the period of competitions and shall pay the appointed referees a stipend of US\$30.00 per day for their services

9. THE TOSS AND WARM UP

- 9.1. Before commencing the game, the Referee will toss a coin or disc and the side winning the toss will choose side or service. The side that loses the toss will abide with the decision. The side winning the toss shall "warm-up" first for 2 minutes followed by the other "Regu". Only 5 persons are allowed to move freely in the court with the official ball.

10. POSITION OF PLAYERS DURING SERVICE

- 10.1. At the start of play, the players of both "Regu's" must be in their respective courts in a ready position.
- 10.2. The Player serving the ball must have both feet outside the base line.
- 10.3. The other three players shall be within their side of the court and remain in one spot, while 'serve' is being made.
- 10.4. The opponent or receiving Regu is free to be anywhere within its court.

11. START OF PLAY AND SERVICE

- 11.1. The "Regu" that chooses "service" shall start the match.
- 11.2. Once the Referee calls the score, the player doing the service will toss the ball in the air and kicks the ball over to the opponent. The ball can be kicked in any manner using the foot. If the Tekong throws the ball before the Referee calls the score, it shall be a re-throw and a warning will be given to the thrower. The serve can be executed anywhere along the baseline.

- 11.3. During the service, as soon as the Tekong kicks the ball, all the players are allowed to move about freely in their respective courts.
- 11.4. The service is valid if the ball passes over the net, whether it touches the net or not, and inside the boundary of the two net tapes and boundary lines of the opponent's court.

12. FAULT

12.1. The Serving Side During Service

- 12.1.1. The "Tekong" plays about with the ball (bumping, giving to other player, etc.) after the call of score has been made by the Referee.
- 12.1.2. The "Inside" player lifts his feet or steps on the line or crosses over or touches the net while throwing the ball.
- 12.1.3. The "Tekong" does not kick the ball on the service throw.
- 12.1.4. The ball touches his own player before crossing over the opponent court.
- 12.1.5. The ball goes over the net but falls outside the court.
- 12.1.6. The ball does not cross to the opponent side.
- 12.1.7. The tekong foot touches the baseline or any other markings in the court before he kicks the ball to serve
- 12.1.8. A player uses his hand or hands, or any other parts of his arm or arms to facilitate the execution of a kick even if the hand or arm does not directly touches the ball, but it touches other objects or surfaces instead when doing so.

12.2. For Both Regus During The Game

- 12.2.1. Stepping on the centre line (except during a follow through)
- 12.2.2. Any player who touches the ball on the opponent side.
- 12.2.3. Any part of player's body crosses over into opponent's court whether above or under the net except during the follow-through of the ball.

- 12.2.4. Playing the ball more than 3 times in succession.
- 12.2.5. The ball touches the arm.
- 12.2.6. Stopping or holding the ball under the arm, between the legs or body.
- 12.2.7. Any part of the body or player's outfits touches the net or the post or the Referee's chairs or falls into the opponent's side.
- 12.2.8. The ball touches any objects.
- 12.2.9. Any player who intentionally delays the game unnecessarily.

13. CHANGE OF SERVICE

- 13.1. Change of service is given when any fault is committed by the serving side or the receiving side kills the return.

14. TIME OUT

- 14.1. The team manager or the Official Coach of each "Regu" can request for one time out of one minute during the entire match, when the ball is not in play. Only five persons are allowed to be at the base line during the time out.

15. SCORING OF POINTS

- 15.1. A point is given to the Regu when its opponent have committed any fault

16. SCORING SYSTEM

- 16.1. The winning point for the match is a maximum of 21 points
- 16.2. The change of side shall occur whereby one Regu has reaches 11 points

17. TEMPORARY SUSPENSION OF PLAY

- 17.1. The Referee can suspend play temporarily in the event of obstructions, disturbances or any injury to a player who needs immediate treatment, for not more than 5 minutes.
- 17.2. An injured player is allowed up to 5 minutes injury time-out. If after 5 minutes, the player is unable to continue, a substitution must be made. If the injured player's team has already made a substitution, the match will be declared a forfeit in favor of the opposing team.
- 17.3. In the course of such suspension, all players are not allowed to leave the court

18. DISCIPLINE

- 18.1. Every player must abide by the rules of the game.
- 18.2. Only the Captain of the "Regu" is allowed to approach the Referee during the game.
- 18.3. Players are not allowed to wear any jewelry or accessories e.g. earrings, chains, watches etc. in the court.

19. PENALTY

- 19.1. Players disobeying rules will be penalised by the Referee
 - 19.1.1. Showing dissent by words or action towards any officials, with regards to any decision and to any players or spectators
 - 19.1.2. Using foul or abusive language to any officials, players or spectator
 - 19.1.3. To take any improper step or action in order to influence any decision made by the officials
 - 19.1.4. To leave the court without the permission of the Referee
 - 19.1.5. To commit ungentlemanly conduct
 - 19.1.6. To disobey orders and rules of play

The Referee may use one of the following cards:

- Yellow Card - Caution
- Red Card - Expulsion

Red card shall be given to the following offences committed
“INTENTIONALLY”

- 19.1.7. Persist in misconduct after receiving a caution
- 19.1.8. Violent conduct (eg. Striking, kicking the opponent, spitting, etc)
- 19.1.9. Using foul or abusive language

Note: Any player who is shown the Red Card shall be sent off the court and disciplinary action shall be taken against him. The Player concerned shall not be allowed to play in any game until sanction has been made.

19.2. Fouls and misconduct are penalized as follows:
Disciplinary Sanctions –

19.2.1. **Cautionable Offences**

A player is cautioned and shown the yellow card if he commits any of the following six offences:

- 19.2.1.1. Is guilty of unsporting behavior by the display of such action that can be reasonably regarded as either a mitigated or unmitigated violation of the norms of sporting ethics, which can be considered as having or will have a detrimental effect on the proper conduct of the match as a whole.
- 19.2.1.2. Shows dissent by word or action.
- 19.2.1.3. Persistently infringes the Laws of the Game.
- 19.2.1.4. Delays the restart of play.
- 19.2.1.5. Enters or re-enters the court without the referee's permission.
- 19.2.1.6. Deliberately leaves the court without the referee's permission.

19.3. Sending-off Offences

A player is sent off and shown the red card if he commits any of the following five offences:

- 19.3.1. Is guilty of serious foul play.
- 19.3.2. Is guilty of violent conduct, including an act executed with deliberate intent to cause injury to his opponent.
- 19.3.3. Spits at an opponent or any other person.
- 19.3.4. Using offensive or insulting or abusive language and/or gestures.

19.4. A player who commits a cautionable offence either on or off the court, whether directed towards opponent, team-mate, the referee, an assistant referee or any other person, for which a yellow card is awarded for each the offence committed is disciplined as follows:

19.4.1. **Offence:**

First Yellow Card:

Penalty:

Normal Caution

19.4.2. **Offence :**

Second Yellow Card received by the same player in different matches, but in the same tournament.

Penalty:

a) One Match Suspension

19.4.3. **Offence:**

Third Yellow Card received after suspension for the first two Yellow Cards in the tournament by the same player.

Penalty:

a) *Two (2) Matches Suspension*

b) A Fine of US\$100 (One Hundred Dollars is to be paid by the club or any other body the player represent in the match.

19.4.4. Offence:
Fourth Yellow Card
Yellow card received after two matches' suspension for the earlier Third Yellow Card in the same tournament by the same player.
Penalty:
Immediate suspension from playing in the next or subsequent matches in any tournament sanctioned by relevant Sepaktakraw controlling authority until a Disciplinary Committee is convened and a decision has been reached on the matter.

19.4.5. Offence :
Two Yellow Cards received by the same player within the Same match.

Penalty:

- b) *Two (2) Matches Suspension*
- c) A Fine of US\$100 (One Hundred Dollars) is to be paid by the club or any other body the player represents in the match.
- d) A Red Card will be given for a third disciplinary offence committed in any other matches in the tournament.

19.5. A player who commits a sending-off offence either on or off the court, whether directed towards opponent, team-mate, the referee, an assistant referee or any other person, for which a red card is awarded for each of the offences committed is disciplined according to the nature of the offence committed as follows:

Offence:

19.5.1. A Red Card

Penalty:

Send-Off from the game and immediate suspension from playing in any tournament sanctioned by the relevant controlling authority for Sepaktakraw until a Disciplinary Committee is convened and a decision has been reached on the matter.

20. MISCONDUCT OF TEAM OFFICIALS

20.1. Disciplinary action will be taken against Team Officials or his team for any misconduct or disturbances committed by the official or team during a tournament whether in or outside the court.

20.2. Any team official who commits a misconduct or disturbances will be immediately escorted out from the arena by the tournament officials and the official referee and will also be immediately suspended from being a team official, until a Disciplinary Committee is convened and a decision has been reached on the matter.

21. GENERAL

21.1. In the event of any question or any matter arising out of any point, which is not expressly provided for in any of the rules of the game, the decision of the Official Referee shall be final.

Note: To make the game more fun and interesting, Beach Takraw can also be introduced as a mixed event where each team comprises of two men and two women. Due to the height of the post, which is 1.45m (for women event), only the women players are allowed to spike and block during the game. The men players can only serve and defend their side of the court. The rules and regulations remain the same.

*The amendments have been approved during
the International Sepaktakraw Federation (ISTAF) Congress
on 12 December 2004, at Bangkok, Thailand.*

As per 11 December 2004, Bangkok