

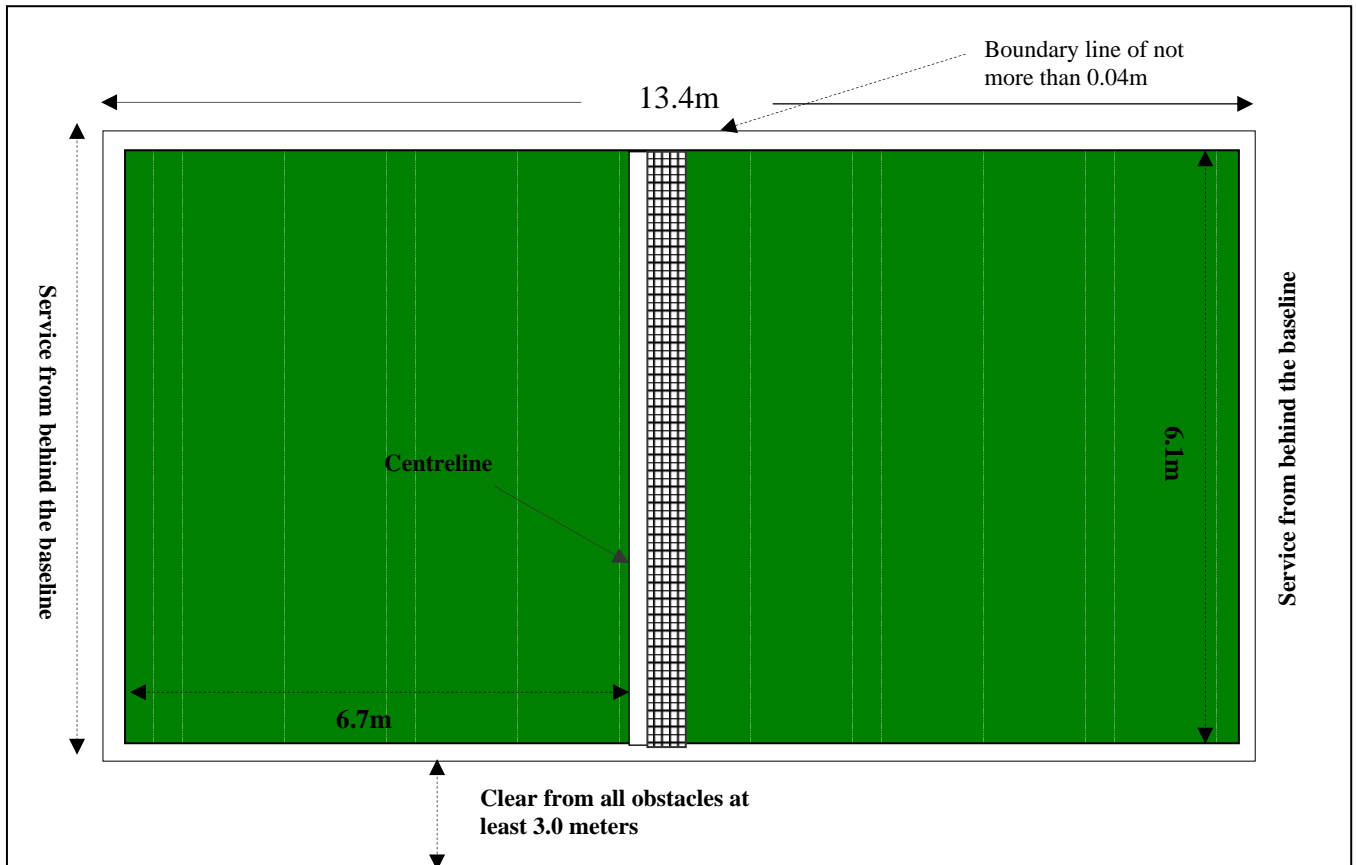


Sepaktakraw Double Regu

Rules & Regulations

1. THE COURT

- 1.1. The court is a rectangular area measuring 13.4 m x 6.1 m free from all obstacles up to the height of 8 m measured from the court surface.
- 1.2. The width of the lines bounding the court should not be more than 0.04 m measured and drawn inwards from the edge of the court measurements.
- 1.3. All the boundary lines should be drawn at least 3.0m away from all obstacles.
- 1.4. The Centreline
The centreline of 0.02 m should be drawn equally dividing the right and left court.



2. THE POSTS

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

3. THE NET

- 3.1. The net shall be made of fine ordinary cord or nylon with 0.06m to 0.08m mesh.
- 3.2. The net is 0.7m in depth and not shorter than 6.1m in length placed vertically over the axis of the centreline.
- 3.3. Two side bands 0.05m wide are fastened vertically to the net and placed above each sideline. They are considered as part of the net.

- 3.4. The net shall be edged with 0.05m and tape double at the top and bottom supported by a fine ordinary cord or nylon cord that runs through the tape, strain over and flushes with the top of the post.
- 3.5. The height of the net at the centre of the court shall be 1.52m for men and 1.42m for women while at the posts shall be 1.55m for men and 1.45m for women.

4. THE SEPAKTAKRAW BALL

- 4.1. The Sepaktakraw ball shall be spherical in shape, made of synthetic fiber of one woven layer.
- 4.2. Sepaktakraw ball without synthetic rubber covering must consist of the following characteristics;
 - 4.2.1. Have 12 holes.
 - 4.2.2. Have 20 intersections.
 - 4.2.3. Has a circumference measuring not less from 0.42m to 0.44m for men and from 0.43m to 0.45m for women.
 - 4.2.4. Has a weight that range from 170 gm to 180 gm for men, and from 150 gm to 160 gm for women.
- 4.3. The Sepaktakraw ball can be in plain single colour, multi-colour, and luminous colours, but not in any colour that will impair the performance of the players.
- 4.4. The Sepaktakraw ball can also be constructed of synthetic rubber or soft durable material for covering the ball, for the purpose of softening the impact of the ball on the player's body. The type of material and method used for constructing the ball, or for covering the ball with rubber or soft durable covering must be approved by ISTAF before it can be used for any competition.
- 4.5. All world, international, regional competitions sanctioned by ISTAF, including but not limited to, the Olympic Games, World Games, Commonwealth Games, Asian Game and SEA Games, must be played with ISTAF approved sepaktakraw balls.



5. THE PLAYERS

- 5.1. A match is played by two Regu's, each consisting of two players
- 5.2. One of the two players of the serving regu shall be at the back, positioned behind the baseline for the service kick for which he also acts as the thrower from any position along and behind the baseline, and he is called a Tekong.
- 5.3. The other non-serving player also known as "Alternate Tekong" of the serving regu as well as the players of the receiving regu shall be positioned within their respective courts.

5.4. Team Event

- 5.4.1. Each team shall consist of 9 players (3 Regus of 6 players plus 3 substitutes) all of whom must be listed on the score sheet.
- 5.4.2. Prior to the commencement of a game each team must have at least 6 players present on the playing court.
- 5.4.3. Any "team" having less than 6 players will not be allowed to play the game and will be considered as having lost.

5.5 Regu Event

- 5.5.1. Each Regu shall consist of 3 players (1 Regu of 2 players plus 1 substitute) all of whom must be listed on the scoresheet.
- 5.5.2. Prior to the commencement of a game each regu must have at least 2 players present on the playing court.
- 5.5.3. Any "Regu" having less than 2 players will not be allowed to play the game and will be considered as having lost.

6. PLAYER'S ATTIRE

- 6.1. All equipment used by players must be appropriate for sepaktakraw. Any equipment that is designed to speed the ball, increase a player's height or movement or in any other way give an unfair advantage and that endangers himself/herself or other players shall not be permitted.

- 6.2. Teams must have a minimum of two sets of Jerseys/T-shirts, one light and the other dark in colour. If both teams arrive at a match dressed in Jerseys of the same colour, the home team must change. On a neutral site, the team listed first on the match program shall change.
- 6.3. A player's attire consists of Jersey/T-shirts, shorts, socks and sport shoes with rubber soles without heels. The entire apparel of a player is regarded as part of his/her body. All Jerseys/T-shirts should be tucked in. In case of cold weather, the players are permitted to use tracksuits.
- 6.4. All jerseys/T-shirts of a team or regu must be of the same colour and numbered from 1 to 15. The numbers must be of a contrasting colour to the jerseys/T-shirts and a minimum of 19 cm in height on the back.
- 6.5. A player must be assigned with one permanent number throughout the tournament.
- 6.6. The Captain of each Regu shall wear an armband of a different colour from the Jersey/T-shirt on the left arm.
- 6.7. Any other apparel not specifically mentioned in these Rules must first receive the approval of ISTAF Technical Commission.

7. SUBSTITUTION

- 7.1. **Each "Regu" in a Regu Event** may either not nominate or nominate any one reserve player and it can make up to two consecutive substitutions in a set.
- 7.2. A Player who has been sent off by Referee during a match may be substituted, provided less than two substitution has been made.
- 7.3. Any "Regu" having less than 2 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
- iv) 2 Referees
- v) 6 Linesmen (4 sidelines and 2 baselines)

- 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
- 8.4. Officials in International Tournament shall wear a blazer or blouse the colour of which shall be approved by ISTAF.

- 8.5. Official Referee is fully responsible to his/her duties and to uphold and protect the Laws of the Game, Tournament Rules and Referee Standing Order. His/Her duty is:
- 8.5.1. To received the court of play, list of Referees, players and the competition fixtures which must be in accordance to the requirements of equipment and officials as specified by ISTAF from the organizer.
 - 8.5.2. To be present throughout the duration of the competition and to ensure that all Referee/Assistant Referee and Linesmen strictly adhere to the current standing orders in performing their duties and smooth functioning of the game.
 - 8.5.3. Empowered to appoint or replace a Referee/Assistant Referee and Linesmen base on their performances.
 - 8.5.4. An avenue of appeal, which shall lay within the authority of Official Referee with regard to the decision of a Referee on a question of Law, and in all such cases the decision of the Official Referee, shall be final.
 - 8.5.5. To suspend or terminate the game whenever considered necessary for the reason of adverse elements or weather condition, interference by spectators, or any other cause, that he reasonably deems to be necessary for such stoppages.
- 8.6. The Referee shall carry out his/her duties fairly, firmly and he/she should be guided by the Laws of the Game, Tournament Rules and Referee's Standing Order. His/Her authority and the exercise of the powers granted to him/her by the Laws of the Game commences as soon as he/she enters the court of play. He / she is :
- 8.6.1. To receive the Team/Score sheet from the Official Referee and to announce the name of the Tournament, the regu, match number and the players of the competing teams.
 - 8.6.2. To ensure that players and spectators are kept informed of the progress of the match by announcing loudly and clearly the scores using the proper technical words of the game.
 - 8.6.3. To have discretionary power to stop the game for any infringement of the Laws, to allow for substitution, time out and rest in accordance with the Rules of the Game.

- 8.6.4. Authorized to make a the decision and shall consult the Assistant Referee or Linesmen if it is necessary in order to justify a decision or probable decision when deciding on contentious issues for any decision on matters base on points of facts provided by the Laws of the Game.
 - 8.6.5. Authorized to send off (red card) any player, officials or spectators who, in his/her opinion, is guilty of violent conduct, serious foul play or who persist in misconduct after received a caution (yellow card).
 - 8.6.6. To return the completed Team/Score sheet and submit a written report to the Official Referee on incidents that occurred during the game.
- 8.7. The Assistant Referee shall assist the Referee fairly, firmly and should be guided by the Laws of the Game, Tournament Rules and Referee's Standing Order.
- 8.7.1. To inspect the court of play, lines on the court, the net, the post, the ball, Referee's/Assistant Referee and Linesmen chairs in accordance with specification.
 - 8.7.2. To inspect players attire in accordance with rule. 6.1.
 - 8.7.3. To conduct the "Toss" of a coin or disc with the captain of competing regus.
 - 8.7.4. To observe the players committing faults on Referee's blind sides, the centre line and at the net.
 - 8.7.5. The Assistant Referee shall be provided with a supply of balls and when the original ball has gone outside the court of play, the Assistant Referee shall immediately throw a new ball to the nearest player of the next serving side or otherwise directed by the Referee and to collect the ball after the end of a match.
- 8.8. The Linesmen shall be fair, firm and seated attentively at their specific area of responsibilities.
- 8.8.1. To indicate whether a ball is 'IN' or 'OUT' to the specific lines assigned and to inform the Referee if in doubt.
 - 8.8.2. Prohibited from eating, drinking, smoking, talking, cheering or shouting and to remain at the specific area until the game ends.

9. THE COIN TOSS

- 9.1. Before commencing the game, the referee will toss a coin or disc and the side winning the toss shall have the option of 'Choosing Service' or 'Choosing Side'.

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 Tekong shall be positioned at any point behind the baseline of his respective court for the execution of the serve. The Tekong shall also be the thrower for the serve.
- 10.3. The non serving player for the serving regu, can position himself at any location within his side of the court, but must remain within one spot while the serve is being made.
- 10.4. The opponent or receiving Regu is free to be anywhere within its court.

11. THE START OF PLAY AND SERVICE

- 11.1. The throw must be executed as soon as the Referee calls the score. If the Tekong, who is also the thrower, throws the ball before the referee calls the score, it must be re-thrown with verbal warning to be given to the thrower in the first instant. A repetition of this will be considered a fault.
- 11.2. During the service, as soon as the Tekong kicks the ball, all the players are allowed to move about freely in their respective courts.
- 11.3. 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.
- 11.4. Players of the serving regu will alternate as Tekong each time it has won a point from the previous serve until the receiving team manages to gain a point.

12. FAULTS

12.1. The Serving Side During Service

- 12.1.1. The Tekong who is making the service throws, plays about with the ball (throwing up the ball, bumping, etc.) after the call of score has been made by the referee.
- 12.1.2. The non-serving players of the serving regu move away from his adopted position for the serve when the serve is being made.
- 12.1.3. The Tekong jumps off the ground or when his feet goes across the baseline on his side of the court, including the act of touching the baseline with any part of his body when executing the serve.
- 12.1.4. The Tekong does not kick the ball on the service throw.
- 12.1.5. The ball touches his own player before crossing over the opponent court.
- 12.1.6. The ball goes over the net but falls outside the court.
- 12.1.7. The ball does not cross to the opponent side.
- 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.
- 12.1.9. The Tekong of the serving regu throws the ball before the referee calls the score, for the second or subsequent time during the match.

12.2. Serving And Receiving Side During Service

- 12.2.1. Creating distracting manner or noise or shouting at his opponent.

12.3. For Both Sides During The Game

- 12.3.1. Any player who touches the ball on the opponent side.
- 12.3.2. Any part of player's body crosses over into opponent's court whether above or under the net, including stepping on the centre line, except during the follow-through of the ball.
- 12.3.3. Playing the ball more than 3 times in succession.

- 12.3.4. The ball touches the arm.
- 12.3.5. Stopping or holding the ball under the arm, between the legs or body.
- 12.3.6. Any part of the body or player's outfits e.g. shoes, jersey, head band etc., touches the net or the post or the referee's chairs or falls into the opponent's side.
- 12.3.7. The ball touches the ceiling, roof or the wall (any objects).
- 12.3.8. Any player who intentionally delays the game unnecessarily.
- 12.3.9. Any player who uses the aid of any external object as a form of support to facilitate the execution of a kick.

13. SCORING SYSTEM

- 13.1. When either serving side or receiving side commits a fault, a point is awarded to the opponent side including making next service. If player one was the previous Tekong, then player two is to make the service.
- 13.2. The winning point for a set is 21 points, unless the point is tied at 20-20, the set shall be decided on a difference of two points, up to a ceiling of 25 points. When the score is tied at 20-20, the Referee announces "Setting up to 25 points".
- 13.3. The game is played in 2 sets with 2-minute rest in between.
- 13.4. If each "Regu" wins one set, the game shall be decided in the third set called "Tiebreak" with 15 points unless the point is tied at 14-14, then the set shall be decided on a difference of two points, up to a ceiling of 17 points. When the score is tied at 14-14, the Referee announces "Setting up to 17 points".
- 13.5. Before the tiebreak set takes place, the referee shall toss a disc or coin, and the side winning the toss shall have the option of "Choosing Service". The change of sides takes place when one "Regu" reaches 8 points.

14. TIME-OUT

- 14.1. Each "Regu" can request for one time-out of one-minute rest by team manager or official coach per set when the ball is not in play.
- 14.2. The team manager or official coach requesting for the time-out is to give notice of his intention to the referee by displaying a time-out placard.

15. TEMPORARY SUSPENSION OF PLAY

- 15.1. 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.
- 15.2. 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 favour of the opposing team.
- 15.3. In the course of such suspension, all players are not allowed to leave the court to receive drinks or any form of assistance.

16. DISCIPLINE

- 16.1. Every player must abide by the rules of the game.
- 16.2. Only the Captain of the "Regu" is allowed to approach the referee during the game. either for matters relating to the position as well as condition of the players in the "Regu", or to ask for a reasonable explanation for the decision made by the referee concerning the match, for which the referee must accede to the request made by the Captain of the "Regu".
- 16.3. The team managers, coaches, players and team officials are however not allowed to dispute the referee's decision during the match or to act in any way that will jeopardize the continuity of the match, for which such act shall be regarded as a serious Disciplinary offence.

17. PENALTY

Fouls and misconduct are penalized as follows:
Disciplinary Sanctions –

17.1. Cautionable Offences

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

- 17.1.1. Is guilty of unsporting behaviour 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.
- 17.1.2. Shows dissent by word or action.
- 17.1.3. Persistently infringes the Laws of the Game.
- 17.1.4. Delays the restart of play.
- 17.1.5. Enters or re-enters the court without the referee's permission.
- 17.1.6. Deliberately leaves the court without the referee's permission.

17.2. Sending-off Offences

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

- 17.2.1. Is guilty of serious foul play.
 - 17.2.2. Is guilty of violent conduct, including an act executed with deliberate intent to cause injury to his opponent.
 - 17.2.3. Spits at an opponent or any other person.
 - 17.2.4. Using offensive or insulting or abusive language and/or gestures.
- 17.3. 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:

- 17.3.1. **Offence:**
First Yellow Card:
- Penalty:
Normal Caution
- 17.3.2. **Offence :**
Second Yellow Card received by the same player in different matches, but in the same tournament.
- Penalty:
a) One Match Suspension
- 17.3.3. **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.
- 17.3.4. **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 have been reached on the matter.
- 17.3.5. **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 represent in the match.
d) A Red Card will be given for a third disciplinary offence committed in any other matches in the tournament.

- 17.4. 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 offence committed is disciplined according to the nature of the offence committed is disciplined as follows:

Offence:

17.4.1. 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.

18. MISCONDUCT OF TEAM OFFICIALS

- 18.1. 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.
- 18.2. 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.

19. GENERAL

- 19.1. 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.

*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