LAW OF THE GAME
BEACH SEPAKTAKRAW

1. THE COURT

1.1. Area of 13.4m (6.7m X 6.7m each side of the court) x 6.1m 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 of the following requirements.

<table>
<thead>
<tr>
<th>Name</th>
<th>Particle Diameter</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fine gravel</td>
<td>2.0 mm</td>
</tr>
<tr>
<td>Very Course sand</td>
<td>1.0 mm - 2.0 mm</td>
</tr>
<tr>
<td>Coarse sand</td>
<td>0.5 mm - 1.0 mm</td>
</tr>
<tr>
<td>Medium sand</td>
<td>0.25 mm - 0.50 mm</td>
</tr>
<tr>
<td>Fine sand</td>
<td>0.15 mm - 0.25 mm</td>
</tr>
<tr>
<td>Very fine sand</td>
<td>0.05 mm - 0.15 mm</td>
</tr>
<tr>
<td>Silt and Clay</td>
<td>below 0.05 mm</td>
</tr>
</tbody>
</table>

1.2. These requirements related to the particle sizes allow for excellent drainage and must absolutely be considered in order to successfully face all different weather conditions.

1.3. The sand must also be free of any organic material. The recommended sand requirements for Beach Sepaktakraw court installations must have the following physical properties.

1.3.1 be naturally weathered
1.3.2 be sub angular / rounded
1.3.3 not acquired from a crushed rock source
1.4. The quality of the sand will be controlled to a depth of 40 cm.

1.5. The width of the lines bounding the court should not be more than 0.05m 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.

1.6. The Centerline of 0.05m 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 0.05m 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.

3.2 The net is 0.7m in depth and not shorter than 6.1m in length placed vertically over the axis of the centerline.
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 previously made of rattan shall be spherical in shape, made of synthetic fiber of one woven layer.

4.2. Sepaktakraw ball with 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 0.41m to 0.43m for men and from 0.42m to 0.44m 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 Regu event,

Each Regu, refers to as ‘Regu’, comprises of 4 players and 2 reserves.

5.2 Team event,

Each team, refers to as ‘Team’, comprises of 2 Regus (8 players and 4 reserves)

5.3 The player serving will position himself behind the baseline of the court. Any one of the four players can execute the serve.

5.4 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 or any other form of accessories are not allowed to play in the court.

Footwear (including shoes) which is not approved by ISTAF is also prohibited.

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
- Feet Padding,

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

6.5. The Regu captain is identified with a marking of a ‘C’ or an armband on the left arm.

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

6.7. **All playing shirts shall be numbered on both the front and back. A player must be assigned only one (1) number (from 1 to 36) to be used throughout a tournament.**

   The numbers shall be not less than 19cm in height on the back, and not less than 10cm in height on the front (centre chest area).

   Players’ names must be placed on the back of the playing shirt above the number, and be of sufficient size to be visible on television.

   Playing shirts may also carry a sponsor logo on the front of the playing shirt, subject always to the applicable tournament regulations.

   No other commercial identification (other than a manufacturer logo) may appear on any player attire.

7. **SUBSTITUTION**

7.1 **Regu Event**

7.1.1 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.

7.1.2 Each Regu may nominate a maximum of two (2) substitutes for any match, in addition to four (4) starting players.

Each Regu may make up to a maximum of two (2) substitutions per set.

All substitutions are subject to the authorisation of the Court Referee, and must be executed at the side of the court in view of the Match Referee.

Substitutions may only be made between points, or immediately prior to the start of a set.

One (1) or more substitutions may be made at the same time.

If a Regu starts a set with different players from those who finished the previous set, each change shall be considered as a substitution which has taken place in the new set.

7.1.3 If the player is shown the red card/penalty send off, the Regu is allowed to make a substitution provided that the Regu have not utilized both substitutions in that set earlier. If the Regu had made 2 substitutions in that set, the game will end and the Regu will be considered as having lost.

7.1.4 Each Regu will be allowed to make a substitution for injury provided that the Regu have not utilized both substitutions in that set earlier. If the Regu had made 2 substitutions in that set, the game will end and the Regu will be considered as having lost.

7.1.5 Any Regu having less than 4 players will not be allowed to continue the game and will be considered as having lost.

7.2 Team Event

7.2.1 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.
7.2.2 Each Regu may nominate a maximum of two (2) substitutes for any match, in addition to four (4) starting players.

Each Regu may make up to a maximum of two (2) substitutions per set.

All substitutions are subject to the authorisation of the Court Referee, and must be executed at the side of the court in view of the Match Referee.

Substitutions may only be made between points, or immediately prior to the start of a set.

One (1) or more substitutions may be made at the same time.

If a Regu starts a set with different players from those who finished the previous set, each change shall be considered as a substitution which has taken place in the new set.

7.2.3 Each Regu in the Team will be allowed to make a substitution for injury provided the Regu have not utilized both substitutions in that set earlier. If both substitutions had been made, the regu will not be allowed to continue and will be considered as having lost.

7.2.4 If a player is shown a red card and is sent off, that player’s Regu is allowed to make a substitution, provided that his/her Regu has not already utilized both substitutions in that set. If his/her Regu has already utilized both substitutions in that set, the game will end and the Regu with the sent-off player will be considered as having lost.

7.2.5 Any Regu in a Team having less than 4 players will not be allowed to continue the game and the match will be declared a forfeit in favor of the opposing team for the particular Regu.

8. THE TOSS OF COIN AND WARM-UP

8.1 Immediately before the start of a Match, the Court Referee will toss a coin or disc in the presence of the opposing captains. The captain who calls correctly may elect to either (i) serve or (ii) choose which side of the court to start the match from. The loser makes the remaining choice. Both sides will abide with the Court Referee’s instructions.
8.2 The side winning the toss shall ‘warm-up’ first for 2 minutes followed by
the other Regu. Only 6 persons are allowed to move freely in the court
with the official ball.

9. POSITION OF PLAYERS DURING SERVICE

9.1. At the start of play, the players of both Regus must be in their respective
courts in a ready position.

9.2. The Player serving the ball must have both feet outside the base line.

9.3 The three other players shall be within their side of the court and must
remain stationary while the serve is being made, facing their
opponents.

To prevent any deliberate attempts to obscure or impede the receiving
side’s view of the serve, players are not permitted to raise their arms
above shoulder height, or to make deliberately distracting movements,
until the serve has been delivered.

9.4 The opponent or receiving Regu is free to be anywhere within its court.

10 START OF PLAY AND SERVICE

10.1 Each match must be officiated by a Match Referee (stationed at one end
of the net), an Assistant Match Referee (stationed opposite the Match
Referees), a Court Referee (stationed behind the Match Referee), one
(1) Linesman to the right of the Match Referee along the side-line, and
one Linesman to the right of the Assistant Match Referee along the
side-line.

The Match Referee will also be supported off-court by the Official
Referee.

The side which serves first will serve first for three (3) consecutive
service, following which the other side will also serve for the next three
(3) consecutive service.

Service will alternate thereafter every three (3) points, regardless of
which side wins a point.

At deuce (when both sides reaches 14-14), the service shall alternate on
every point.
The side which receives first in any set shall serve first in the subsequent set.

Players shall change sides before the start of each set.

10.2 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’ (Server) throws the ball before the Referee calls the score, it shall be a re-throw and a warning will be given to the thrower. A repetition of this act will be considered as ‘Fault’. The serve can be executed anywhere along the baseline.

10.2.1 During the service, as soon as the Tekong kicks the ball, all the players are allowed to move about freely in their respective courts.

10.3 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 FAULT

11.2 The Serving Side During Service

11.2.1 The Tekong plays about with the ball (bumping, giving to other player, etc.) after the call of score has been made by the Referee.

11.2.2 The Tekong does not kick the ball on the service throw.

11.2.3 The ball touches his own player before crossing over the opponent court.

11.2.4 The ball goes over the net but falls outside the court.

11.2.5 The ball does not cross to the opponent side.

11.2.6 The Tekong foot touches the baseline or any other markings in the court before he kicks the ball to serve

11.2.7 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.
11.2.8 The Tekong of the serving Regu throws the ball before the referee calls the score, for the second or subsequent time during the match.

11.3 For Both Regus During The Game

11.3.1 Any player who touches the ball on the opponent side.

11.3.2 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.

11.3.3 Playing the ball more than 3 times in succession.

11.3.4 The ball touches the arm.

11.3.5 Stopping or holding the ball under the arm, between the legs or body.

11.3.6 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.

11.3.7 The ball touches any objects.

11.3.8 Creating distracting manner or noise or shouting at his/her opponent.

12 TIME OUT

12.1 Each side will be entitled to one (1) tactical time-out in each set, each such time-out to last a maximum of one (1) minute.

Time-outs may only be called by the team manager or coach between points, when the ball is not in play.

Only 6 persons are allowed at the baseline

12.1 The 6 persons should consist of the 4 players and two other person of properly attired different from the players.

12.3 Teams are awarded an automatic “refreshment” break in each set, lasting (30) seconds (when the first side reaches 8 points).
13 SCORING OF POINTS

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

14 SCORING SYSTEM

14.1 Each match will be determined on the basis of a best-of-5-sets format, with 2-minute breaks between sets. Sets will be referred to as the first, second, third sets, fourth and fifth sets.

The only exception is for Team matches, where each Regu will be determined on the basis of a best-of-3-sets format, with 2-minute breaks between sets. Sets will be referred to as the first, second, third sets.

14.2 Each set is won by the side which scores fifteen (15) points with a minimum lead of two (2) points.

In the event of a 14-14 tie, the set shall be won by the side which gets a lead of two (2) points, or when a side reaches 17 points (whichever occurs first).

When the score is tied at 14-14, the Match Referee will announce “setting up to 17 points”.

15 THIRD REGU

15.1 Regu Event

15.1.1 During the fifth set, teams will change sides when one Regu reaches 8 points

15.2 Team Event

15.2.1 Should the Team tie with one Regu each, the match will be decided by a Third Regu, where the Regu will be determined on the basis of a best-of-3-sets format, with 2-minute breaks between sets. Sets will be referred to as the first, second, third sets.

15.2.2 Each set is won by the side which scores fifteen (15) points with a minimum lead of two (2) points.
In the event of a 14-14 tie, the set shall be won by the side which gets a lead of two (2) points, or when a side reaches 17 points (whichever occurs first).

When the score is tied at 14-14, the Match Referee will announce “setting up to 17 points”.

15.2.3. Both Teams will choose any 4 players and 2 reserves from their registered 12 players to play in the third regu.

16 TEMPORARY SUSPENSION OF PLAY

16.1 The Referee can suspend play temporarily should a player gets injured and needs immediate treatment, for not more than 5 minutes for each Regu.

16.2 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 both substitutions, the match will be declared a forfeit in favor of the opposing team.

16.3 In the event of obstructions, disturbances or any other matters, only the Official Referee can suspend play upon concurrence with the Tournament Committee.

16.4 In the course of such suspension, all players are not allowed to leave the court to receive drinks or any form of assistance.

17 DISCIPLINE

17.1 Every player must abide by the rules of the game. Players are not allowed to wear any jewelry or accessories e.g. earrings, chains, watches etc. in the court.

17.2 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.

17.3 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.
18 PENALTY

18.1 Players disobeying rules will be penalised by the Referee

18.1.1 Showing dissent by words or action towards any officials, with regards to any decision and to any players or spectators

18.1.2 Using foul or abusive language to any officials, players or spectator

18.1.3 To take any improper step or action in order to influence any decision made by the officials

18.1.4 To leave the court without the permission of the Referee

18.1.5 To commit ungentlemanly conduct

18.1.6 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”

18.1.7 Persist in misconduct after receiving a caution

18.1.8 Violent conduct (eg. Striking, kicking, spitting towards any game officials, opponents or spectators)

18.1.9 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.

18.2 Fouls and misconduct are penalized as follows:

Disciplinary Sanctions -
18.2.1 Cautionable Offences

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

18.2.1.1 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.

18.2.1.2 Shows dissent by word or action.

18.2.1.3 Persistently infringes the Laws of the Game.

18.2.1.4 Delays the restart of play.

18.2.1.5 Enters or re-enters the court without the referee's permission.

18.2.1.6 Deliberately leaves the court without the referee’s permission.

18.3 Sending-off Offences

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

18.3.1 Is guilty of serious foul play.

18.3.2 Is guilty of violent conduct, including an act executed with deliberate intent to cause injury to his opponent.

18.3.3 Spits at an opponent or any other person.

18.3.4 Using offensive or insulting or abusive language and/or gestures.

18.3.5 Receives a second caution card (Yellow Card) within the same match.
18.4 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:

18.4.2 Offence:
First Yellow Card:

Penalty:
• Normal Caution

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

Penalty:
• One Match Suspension

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

Penalty:
• Two (2) Matches Suspension
• 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.

18.4.5 Offence:
Fourth 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.

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

Penalty:

- Two (2) Matches Suspension
- 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.
- A Red Card will be given for a third disciplinary offence committed in any other matches in the tournament.

18.5 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 offence committed is disciplined according to the nature of the offence committed is disciplined as follows:

18.5.2 Offence:
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.

19 MISCONDUCT OF TEAM OFFICIALS

19.1 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.

19.2 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.

The amendments have been approved during the International Sepaktakraw Federation (ISTAF) Congress on 17 January 2011 in Bangkok, Thailand.