1. **THE COURT**

1.1. The court shall be constructed on the flat and smooth surface with one circle of 4 meter diameter with line width of 4 centimetres.

1.2. The court must have a minimum clear space from any obstacle 8 meters up from the court surface.

1.3. Above the centre point of the circle, there shall be one official Hoop hanging in the air with the rope having a minimum length of 50 centimetres away from the pulley.

2. **THE OFFICIAL HOOP**

The official Hoop consists of 3 identical hoops with inside diameter of 50 centimetres joining side by side by side to form a triangle. The official hoop shall be made of metal wrapped around with the cushion having the perimeter not more than 10 centimetres. A rope net basket is attached to each hoop. The lowest edge of the official hoop shall be 4.75 metres high from the ground for the men event and 4.50 metres for the women event.
3. **THE SEPAKTAKRAW BALL**

3.1. The Sepaktakraw ball previously made of rattan shall be spherical in shape, made of synthetic fiber of one woven layer.

3.2. The Sepaktakraw ball without synthetic rubber covering must consist of the following characteristics;

3.2.1. Have 12 holes.

3.2.2. Have 20 intersections.

3.2.3. Has a circumference measuring not less from 0.41m to 0.43m for men and from 0.42m to 0.44m for women.

3.2.4. Has a weight that range from 170 gm to 180 gm for men and from 150 gm to 160 gm for women.

3.3. 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.

3.4. 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.

3.5. 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.

4. **THE PLAYERS**

4.1. Each team consists of five players and one reserve player. Name lists of a minimum of 5 players must be submitted 30 minutes prior to competition schedule.
4.2. Only one substitution can be made either from the player Injury or by Technical substitution. The scoring system should count follow by the one who has been substituted.

5. THE PLAYERS’ ATTIRE

5.1 All equipment used by players must be appropriate for Sepaktakraw. Any equipment that is designed to increase or reduce the speed of 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.

5.2 To avoid unnecessary conflicts or confusion, two opposing teams must wear different colour jerseys.

5.3 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.

5.4 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.

5.5 All jerseys/ T-shirts shall be numbered on both sides. A player must be assigned with one permanent number throughout the tournament. Each participating team is allowed to use only number 1 to number 36. The size of the number shall not be less than 19cm in height at the back and should be 10cm in height for the front (centre chest area).

5.6 The Captain of each Regu shall wear an armband of a different colour from the Jersey/T-shirt on the left arm.

5.7 Any other apparel not specifically mentioned in these Rules must first receive the approval of ISTAF Technical Commission.

6. WARMING UP

6.1. Only the official 6 playing team members are allowed to be in the court for the 2 minute warm up.
7. **PLAYING THE GAME**

7.1. Playing area is the area within the A-Boards.

7.2. The Hoop will be lowered and rise by a Hoop Controller which is an official of the playing team.

7.3. The players stand spread around outside the circle. They can change position among themselves during competition.

7.4. Each team shall have 30 minutes playing time.

7.5. When Referee gives start signal, a player will toss the ball to the opposite player, upon receiving the ball he/she must pass the ball to any player, only then an attempt to score is allowed by using any allowable style listed under 9.2.

7.6. While throwing the ball, all players must be outside the circle, then they can move freely anywhere.

7.7. The ball is considered not in play when the ball is dropped to the ground or successfully passed into the hoop.

7.8. The player who makes the ball out of play is the one who shall toss the ball to continue the game.

7.9. The official ball can be changed when the ball is not in play.

7.10. While the ball is in play, no players are allowed to catch the official ball with their hands. Players are allowed to catch the ball with their hands only for tossing after the ball is out of play.

7.11. The ball can be thrown to continue the game and attempt to score will only be allowed when the hoop is raised to the specified height.

7.12. Once the game ball goes out of the playing area, any playing team members may request for a new game ball from the Referees’ Table.

7.13. The ball is considered out of play and needs throwing when

7.13.1. the ball is dropped to the ground
7.13.2. the ball sticks to or passes into the official hoop

7.13.3. the ball touches any obstacles

8. **FAULT**

8.1. The ball touches hand of any player

8.2. when a player plays the ball more than 3 times in succession

8.3. when a player purposely catches the ball during play

9. **SCORING**

9.1. The score shall be awarded the same number of 10 points for each successful passing of the ball into the official hoop regardless of style according to degree of difficulty except:

9.1.1. Using the same style more than three times.

9.1.2. Using the style other than listed under 9.2.

9.1.3. The first pass from throwing.

9.1.4. The ball bounces back off the hoop.

9.1.5. Passing the ball into the hoop after the time is over.

9.2. Rank of style according to increasing degree of difficulty

9.2.1. Header

9.2.2. Inner Step

9.2.3. Shoulder

9.2.4. Knee Kick

9.2.5. Outer Step

9.2.6. Cross Jump Kick
9.2.7. Back Flip

9.2.8. In Step

9.3. The team with the highest total team score is the winner.

9.4. In case the total scores are equal, the winning team will be decided by a Tie Break. The Official Referee will toss a coin or disc and the side winning the toss will start first. Each team will be given an extra 5 minutes with the same rule to score as many points as possible under any allowable style listed. If the points are still tied, each team will continue with the Tie Break until a winner is decided.

10. OFFICIALS

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

i) 1 Official Referee

ii) 4 Referees
- Referee,
- Score Controller
- Score Keeper
- Timekeeper.

11. REFEREE

11.1. Referee will be stationed within the court for both during the warming up and the game. He/she is to ensure the smooth playing of the game and will be responsible for the followings:

11.2. To ensure that the players do not wear any accessories that will endanger themselves during the game

11.3. Will signal for the start and for the end of the warming up and the game.

11.4. Calls for any faults during the game

11.5. Ensure that the player who makes the ball out of play is the one who shall throw the ball to continue the game
11.6. Will call for technical time out upon any injuries or mishaps during the game

11.7. Will flash out yellow/red card accordingly to players who commit any offence listed under RULE 16.

11.8. After the game, the Referee will line the team up facing the Referee’s table for the announcement of the total score from the Score Controller

11.9. To ensure that the point will be awarded only when the hoop is in the position

12. SCOREKEEPER

12.1. Score Keeper will be stationed beside the Score Controller at the Referees’ Table.

12.2. He/She will keep track of the score sheet manually of the running total score, the number of execution of each style by each player

12.3. He/She will advise the Score Controller of the point allowable according to the number of execution of each style by each player in the score sheet

13. TIMEKEEPER

13.1. Time Keeper will be stationed beside the Score Keeper at the Referee’s Table

13.2. Will blow whistle and keep track of the time for the start and end of warming up and game

13.3. Stops the time when the Referee calls for a Technical Time Out

13.4. Keys in the points on the electronic scoreboard accordingly after the announcement of points made by the Score Controller

13.5. Will ensure that the hoop controller raise up the hoop at the appropriate height and marking

14. SCORE CONTROLLER
14.1. Score Controller will be stationed at the Referees’ Table

14.2. Whenever a point is scored, the Score Controller will announce starting from the jersey number, number of execution and style e.g.: “Number 1, 1st Cross Jump Kick” or “Number 10, 3rd In step

14.3. Whenever a point is scored but has exceeded the maximum number of execution for a style, the Score Controller will announce starting from the jersey number, number of execution, style and “NO POINT”. e.g.: “Number 2, 4th Cross Jump Kick, NO POINT!!”

14.4. Ball Picker will be stationed outside the playing area, to retrieve any game ball which goes out of the playing area. The ball is to be return back to the Referees’ Table.

14.5. Hoop Controller will be responsible to lower and raise the hoop during the game. He/She will be stationed beside the Referees’ Table nearer to the Time Keeper. He/She will ensure that the height of the hoop is raise to the appropriate height via the marking on the rope and on the pole.

15. **DISCIPLINE**

15.1. Every player must abide by the law of the game.

15.2. Only the Team Captain 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 “Team”, 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 Team Captain.

15.3. 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.

16. **PENALTY**

16.1. In case of a player intentionally touched the ball by hand during the ball in play, the Referee will give him a yellow card punishment immediately. If the same player makes the same fault, the Referee will give a red card punishment immediately.
16.2. Giving a red card punishment is considered the end of the game on that particular match and no substitution is allowed. The final total score is the score from beginning till the end of the game.

16.3. Fouls and misconduct are penalized as follows:

Disciplinary Sanctions

16.4. Cautionable Offences

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

16.4.1. 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.

16.4.2. Shows dissent by word or action

16.4.3. Persistently infringes the Laws of the Game

16.4.4. Delays the restart of play

16.4.5. Enters or re-enters the court without the Referee's permission

16.4.6. Deliberately leaves the court without the Referee's permission

16.5. Sending-off Offences

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

16.5.1. Is guilty of serious foul play

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

16.5.3. Spits at an opponent or any other person
16.5.4. Using offensive or insulting or abusive language and/or gestures

16.5.5. Receives a second caution (Yellow Card) in the same match.

16.6. 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

16.6.1. Offence:
First Yellow Card

Penalty:
• Normal Caution

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

Penalty:
• One Match Suspension

16.6.3. 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

16.6.4. Offence:
Fourth Yellow Card
Yellow card received after two match's 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.

16.6.5. 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.

16.7. 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

16.7.1. 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.
17. MISCONDUCT OF TEAM OFFICIALS

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

17.2 Any Team Official who commits 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.

18. GENERAL

18.1 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 23 May 2008 in Bangkok, Thailand.
LAYOUT FOR HOOP SEPAKTAKRAW

LEGEND:
R: Referee
SC: Score Controller
SK: Score Keeper
TK: Time Keeper
HC: Hoop Controller
LIST OF STYLES

9.2.1 Header

9.2.2 Inner Step

9.2.3 Shoulder

9.2.4 Knee

9.2.5 Outer Step

9.2.6 Cross Jump Kick

9.2.7 Back Flip

9.2.8 In Step