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 0.04m 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 previously made of rattan shall be spherical in shape, made of synthetic fibre 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 0.41m 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. A match is played by two regus referred to as ‘Regu’ or ‘Regus’, 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’ (Server).
5.3. The other non-serving player also known as "Alternate Tekong" (Alternate Server) of the serving regu as well as the players of the receiving regu shall be positioned within their respective courts.

5.4. Double Regu Team Event

5.4.1. Each team shall consist of minimum of 6 players and a maximum of 9 players all of whom must be registered. (3 regus of 6 players and 3 substitutes)

5.4.2. Prior to the commencement of a game each team must have at least 6 players present on the playing court.

Any “team” having less than 6 players will not be allowed to play the game and will be considered as having lost.

5.5 Double 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 registered.

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 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.

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

6.3. 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.
6.4. 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.

6.5. 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.

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 Double 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. In case of injury, if both substitutions had been made in that set earlier, the Regu will not be allowed to continue.

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 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 select 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 3 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 "Regu's" must be in their respective courts in a ready position.

9.2 The Tekong (Server) shall be positioned at any point behind the baseline of his respective court for the execution of the serve. The Tekong (Server) shall also be the thrower for the serve.

9.3 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.

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

10 THE 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 (1) 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 The throw must be executed as soon as the Referee calls the score. If the Tekong (Server), who is also the thrower, throws the ball before the referee calls the score, it must be re-thrown and a warning given to the regu. A repetition of this act will be considered as ‘Fault’.

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

10.4 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.

10.5 Players of the serving regu will alternate as Tekong (Server) each time it has won a point from the previous serve until the receiving team manages to gain a point.

Double Regu Team Event

10.6 In a knock out system Team do not have to play the 3rd Regu if a winner has been decided.

10.7 In a league system, it is mandatory for all teams to complete the three (3) sets of Regus.

11 FAULTS

11.1 The Serving Side During Service

11.1.1 The Tekong (Server) 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.
11.1.2 The non-serving players of the serving regu move away from his adopted position for the serve when the serve is being made.

11.1.3 The Tekong (Server) 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.

11.1.4 The Tekong (Server) does not kick the ball on the service throw.

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

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

11.1.7 The ball does not cross to the opponent side.

11.1.8 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.

11.1.9 The Tekong (Server) of the serving regu throws the ball before the referee calls the score, for the second or subsequent time during the match.

11.2 Serving And Receiving Side During Service

11.2.1 Creating distracting manner or noise or shouting at his opponent.

11.3 For Both Sides 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, including stepping on the centre line, except during the follow-through.
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 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.

11.3.7 The ball touches the ceiling, roof or the wall (any objects).

11.3.8 Any player who uses the aid of any external object as a form of support to facilitate the execution of a kick.

12 SCORING SYSTEM

12.1 When either serving side or receiving side commits a fault, a point is awarded to the opponent side. If player one was the previous Tekong (Server), then player two is to make the service.

12.2 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”.

12.3 Each match (Regu and Doubles) 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, fourth and fifth sets.

Each match (Team) 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 and third sets.

12.4 During the fifth set (regu event) and third set (team event), Teams will change sides when one “Regu” reaches 8 points.
13  TIME-OUT

13.1  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 4 players from each side are allowed at the base-line during the time-outs for the Doubles event, 5 players from each side for the Regu and Team event and 6 players for the Beach event.

There will be no automatic time-out.

13.2  The 4 persons should consist of the 2 players and two other person of properly attired different from the players.

14  TEMPORARY SUSPENSION OF PLAY

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

14.3  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.

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

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

15.  DISCIPLINE

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

15.2  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”.

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**

Fouls and misconduct are penalized as follows:

Disciplinary Sanctions –

16.2. **Cautionable Offences**

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

16.1.1 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.

16.1.2 Shows dissent by word or action.

16.1.3 Persistently infringes the Laws of the Game.

16.1.4 Delays the restart of play.

16.1.5 Enters or re-enters the court without the referee’s permission.

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

16.2 **Sending-off Offences**

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

16.2.1 Is guilty of serious foul play
16.2.2 Is guilty of violent conduct, including an act executed with deliberate intent to cause injury to his opponent

16.2.3 Spits at an opponent or any other person

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

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

16.3 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:

16.3.1 Offence:
   First Yellow Card
   Penalty:
   • Normal Caution

16.3.2 Offence:
   Second Yellow Card received by the same player in different matches, but in the same tournament.
   Penalty:
   • One Match Suspension

16.3.3 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.)
16.3.4 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.

16.3.5 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.

16.4 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:

16.4.1 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 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 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.

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.

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