



#### 1.4 The Quarter Circle

At the corner of each at the Center Line, the quarter circle shall be drawn from the sideline to the Center Line with a radius of 0.9 m measured and drawn outwards from the edge of the 0.9 m radius.

#### 1.5 The Service Circle

The Service Circle of 0.3 m radius shall be drawn on the left and on the right court, the center of which is 2.45 m from the back line of the court and 3.05 m from the sidelines, the 0.04 m line shall be measured and drawn outward from the edge of the 0.3 m radius.

### 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 Position of posts shall be erected or placed firmly 0.3 m away from the sideline and in line with the Center Line.

### 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 wide tape double at the top and bottom supported by a fine ordinary cord or nylon cord that runs through the tape, strains 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 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 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 three players.
- 5.2 One of the three players shall be at the back and he is called a 'Tekong' (Server).
- 5.3 The other two players shall be in front, one on the left and the other on the right. The player on the left is called a "Left Inside" and the player on the right is called a "Right Inside". Both are referred to as 'Inside' players.
- 5.4 **Team Event**

- 5.4.1 Each team, referred to as a "Team" shall comprise three (3) Regus, and shall consist of a minimum of nine (9) players and a maximum of twelve (12) players.**

**Each player must be registered in order to participate in any Team match.**

**A maximum of three (3) players must be registered as part of the Team's "reserve pool". Players in the reserve pool may only appear as substitutes.**

**Players may only play for one Regu in any Team match.**

- 5.4.1 Prior to the commencement of a game, each team must have a minimum of 9 registered players present on the playing court.
- 5.4.2 Any Team having less than 9 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 a minimum of 3 players and a maximum of 5 players (1 Regu of 3 players plus 2 substitutes) all of whom must be registered.
- 5.5.2 Prior to the commencement of a game each Regu must have at least 3 players present on the playing court.
- 5.5.3 Any Regu having less than 3 players present on the playing court during the commencement of the game 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 There shall be no repeat of the same player in any team competition involving more than one Regu.

- 7.2 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.

- 7.3 **For Regu competitions, each Regu may nominate a maximum of two (2) substitutes for any match, in addition to three (3) starting players. Each Regu may make up to a maximum of two (2) substitutions per set.**

**For Team competitions, each Regu may nominate a maximum of one (1) substitute for any match, in addition to three (3) 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 (Regu competitions only).**

**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.**

- 7.4 Each Regu will be allowed to make a substitution for injury provided that the Regu have not utilized both substitutions in that set but if the Regu have utilized both substitutions, the game will end and the Regu will be considered as having lost.
- 7.5 Any Regu having less than 3 players will not be allowed to continue the game and will be considered as having lost.
- 7.6 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.

## 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 5 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 Tekong shall have one of his/her feet inside the serving circle.
- 9.3 Both of the "Inside" players of the serving side must be in their respective quarter circles.
- 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 either of the Inside players throws the ball before the Referee calls the score, it must be a re-throw and 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 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 In a knock out system the Team do not have to play the 3<sup>rd</sup> Regu if a winner has been decided.
- 10.6 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 Inside player who is making service throws, plays about with the ball (throwing up the ball, bumping, giving to other Inside player, etc.) after the call of score has been made by the Referee.
- 11.1.2 **Any of the Inside player lifts his/her feet, steps on the lines or center line or crosses over or touches the net while the ball is being thrown for the 'serve'**
- 11.1.3 The Tekong jumps off the ground to execute the service or the standing foot steps on the service circle line before and during the service.
- 11.1.4 The Tekong does not kick the ball on the service throw.
- 11.1.5 The ball touches his/her 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/her hand or hands, or any other part of his/her 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 Thrower 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/her 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 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.
- 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 and Double event) and third set (Team event), sides will change ends 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 event, and 6 players for the Team event.**

**There will be no automatic time-out.**

- 13.2 The 5 persons should consist of the 3 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

- 15.2 Every player must abide by the rules of the game.
- 15.3 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".
- 15.4 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 -

### 16.1 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 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.
- 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/her 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 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 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/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.

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