

VILLOWO INTERNATIONAL

REGULAR RULES OF THE GAME INTRODUCED IN THE YEAR 2012

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www.villowo.org

Introduction: The laws of Villowo are maintained by the Villowo International (VI) having its registered office in Bengaluru, India and Headquarters at Sri Lanka. The standard game of Wheelchair Villowo is played for 15 sets' (each set is made up of 5 positive deliveries) each team. Test Villowo Matches are played on maximum fixed time of 3 hours per team. Dwarf Villowo is played by people with short stature; Deaf Villowo is played by people with speech & hearing disabilities, Single Amputees Villowo is played by people with single leg amputation and Wheelchair Villowo is played by amputees and people living with lower limb disabilities.

Raghu Kumar Raghavelu a Social Entrepreneur and Natural fitness researcher from Bengaluru, India, designed and launched the sport Villowo on his son Rrian Kumar's birthday the 5th of August 2012 to take R. K's Health & Longevity program to all the countries of the World on this sporting platform trademarked 'VILLOWO' while also promoting Sports for Peace & Wellness. Thus, the sport Villowo origins are from India and are first recorded in Bengaluru, South-India on the 5th of August, 2012. Raghu Kumar's Health & Longevity Program is made up of 12 Pillars of health & longevity, 5 components, six sutras and 9 conditions for health & longevity.

WHEELCHAIR VILLOWO RULES

Wheelchair Villowo is a Villowo (the equipment made from bamboo grass or other wood used to strike the ball) and ball game played between two teams of 10 players each on an open semi-circle field measuring 180 feet in width and 120 feet in length. Empowerment of Amputees & People Living with Lower Limb Disabilities is the most important part of the sport Wheelchair Villowo. A half circle or rectangular 54 feet long distance space divides the Striking Plank line and the bowling Plank line. Three 4 inches wide and 30 inches height planks (with 1.5 inches gap between are placed in the middle of the Striking Plank line and one 4 inches wide and 30 inches high Plank is placed in the middle of the bowling Plank line. One team strikes first trying to score maximum points/runs in the stipulated 20 set's while the opposite fielding team tries to restrict the number of points/runs scored by the striking team. The team that scores the most points wins the Villowo match.

The most common forms of being declared out by the referees are **a) bowled**, when the bowler hits the Striking Plank directly with the ball while bowling, **b) body before Plank (BBP)**, when the striker prevents the ball which is in line of the Striking Plank by hitting/blocking the ball with his body instead of his Villowo, and **c) caught**, when the

Striker hits the ball into the air and it is intercepted by a fielder before touching the ground within the boundary line limits.

Points are scored by two main methods: either by hitting the ball hard enough for it to cross the boundary, or by the two strikers swapping ends by each player simultaneously running the length of the Strike line and bowl line in opposite directions whilst the fielders are retrieving the ball. If a fielder retrieves the ball quickly enough to strike or put down the plank with a player not having reached the crease at that end of the Strike Line or bowl line, that player is declared run out by the referees.

The laws of Wheelchair Villowo are maintained by Villowo International which is the Worlds Governing Body for all International Villowo Matches/Tournaments/Leagues including Wheelchair Villowo Series, Regional Wheelchair Villowo Championships, World Wheelchair Villowo Championships, World League (for amputees & people living with lower limb disabilities, World Cup, Asian Cup, Australian Wheelchair Villowo League, African Wheelchair Villowo League and American Wheelchair Villowo League. Wheelchair Villowo was designed and introduced to the world by Indian Social Entrepreneur and Natural Fitness Researcher Raghu Kumar Raghavelu to promote his health & longevity program to all the countries of the world on a sporting platform while also for the economic empowerment of amputees & people living with lower limb disabilities in the World.

1. Laws of the Game – VILLOWO

Modifications

Subject to Villowo International the principles of these Laws are maintained, the Laws may be modified in their application for matches for players of under 15 years of age, under 17 years of age, for women Villowo players, for transgender Villowo players, for veteran Villowo players (35 years of age and above) and for Villowo players with disabilities.

Any or all of the following modifications are permissible:

- Size of the field of play
- Distance from Bowl line to Striking Plank Line
- Size, weight and material of the Villowo and ball
- size of the Villowo
- Substitutions

Further modifications are only allowed with the consent of Villowo International (Council).

Male and Female

References to the male gender in the Laws of the Game in respect of referees, assistant referees, players and officials are for simplification and apply to both men and women.

2. THE SPIRIT OF THE GAME

Fair and unfair play

According to the Villowo International laws, referees are the sole judges of fair and unfair play. The referees may intervene any time and advise and caution the captain to take responsible actions.

The spirit of the game involves respect for the referees, captains, players, spectators and media. It is against the spirit of the game to dispute against the referee's decision by word, action or gesture.

It is against the spirit of the game to use abusive/offensive language against players, referees and spectators. It is against the spirit of the game to bowl dangerously aiming to injure the strikers.

In the event of a player failing to comply with instructions by the referee, or criticising the referee by word or action the decisions of a referee, or showing dissent, or generally behaving in a manner which might bring the game into disrepute, the referee concerned shall in the first place report the matter to the other referees and to the player's captain, and instruct the latter to take action.

3. PRIMARY OBJECTIVES OF THE GAME VILLOWO

The Primary Objective of the game Wheelchair Villowo is the Empowerment of Amputees & People Living with Lower Limb Disabilities through sports and promote R.K's Health & Longevity Program to all the citizens of this World. (The VI Players Licence is given only to players who participate in achieving the primary objective of the game Wheelchair Villowo; and National & State membership is given to only National, State and District Villowo Affiliated Members who participate in achieving the primary objective of Villowo International and the game Wheelchair Villowo).

4. THE FIELD OF PLAY

Field Surface

The Villowo matches may be played on natural or artificial surfaces, according to the rules of the competition. The Villowo matches may be played on surfaces such as grass, clay, hard ground.

Field Markings

The field of play may be a combination of rectangular and Semi-Circular with a width of 180 feet and length of 120 feet.

The Strike box is the box within which the striker and the plank keeper stand divided by the striking plank line. The strike box is 10 feet in width and 19 feet in length that is 4 feet front of the striking plank line and 15 feet behind the plank line.

The pitch lines are the strike line and bowl line. The distance between the striking plank line and bowling Plank line is 54 feet; and the distance between the strike line and bowling line is 46 feet.

The back line is the line 15 feet behind the Striking Plank line with a width of 10 feet connecting to the Striking Plank line.

Field Measurements

The length of the wheelchair Villowo field is 120 feet. The width of the Villowo field is 180 feet.

Bowling Width Marks

The bowling width marks are lines drawn 24 inches to either side of the striking Planks from the middle of the middle plank. If the bowler bowls outside the marks, the ball would be called a negative ball; however, if the bowler bowls the ball outside the leg side plank of the striking plank, the ball would be called a negative ball and the ball must be re-bowled.

5. THE VILLOWO

Villowo Measurements

The **Villowo** is a specialized piece of equipment used by striker in the sport of Wheelchair Villowo to strike the ball typically consisting of a cane handle attached to a flat-fronted wooden blade with its back painted in plain colour. The length of the Villowo may be no more than 36 inches (914.4 mm) and the width no more than 4.1 inches (104.14 mm). Maximum Depth is 2.64 inches (67 mm). The permissible Villowo weight is between 700 grams to 1.4 kg. Only Villowo approved by Villowo International may be used in the matches. The back or rare side of the Villowo must be in plain single colour with the website www.villowo.org printed on it in contrasting colour.

6. THE VILLOWO BALL

Villowo Ball Measurements

A **Villowo ball** is a ball used in the sport of Villowo. A **Villowo ball** is made of **layers of twine wound around a cork core, inside a red leather shell. The Villowo ball when new should weigh not less than 140 grams and not more than 165 grams. The ball shall measure between 8.80 inches to 9 inches in circumference and shall only be in four colours namely white, maroon, yellow and pink.**

Villowo Ball

All Willowo balls to be used in the match having been approved by the referees and captains shall be in the possession of the referees before the toss and shall remain under their control throughout the match. The referees shall take possession of the Willowo ball in use at the fall of each plank, at the start of any interval and at any interruption of play. For each match per team a maximum of one Willowo ball may be used as per the decision of the fielding captain.

7. THE PLANKS

There is a, 4 inches width and 30 inches height wooden, fiber or Synthetic Plank placed firmly on the centre of the Striking Plank line and one single 4 inches width and 30 inches height wooden, fiber or Synthetic Plank placed firmly 4 feet behind the bowl line. The Striking Plank is rectangular in shape measuring of 4 inches x 0.75 to 1 inch thickness. The bottom of the planks has an extension of 2 to 3 inches used to fix the plank in the ground. The planks are 30 inches in height above the ground. The bowl line Plank is placed in the centre of the bowling plank line.

8. STRIKE BOX

The strike box is the area inside which the striker takes position in front of the striking Planks to strike the ball. The strike box is 4 feet from the Striking Plank Line and measures 10 feet x 19 feet. Any part of his body must be inside or on the 4 feet line (4 feet from striking plank line) inside the strike box or on its line while taking Striking position. The Plank keeper must stand inside the strike box behind the strike Planks. The Striker must take his stance standing on the strike line which is 4 feet in front of the striking plank line.

9. BOWL BOX & PITCH LINE

The bowl box is a rectangular box marking measuring 10 x 15 feet which begins from the bowl line. The bowler must begin his/her run-up from within the bowl box.

10. VILLOWOING/STRIKING

In the Wheelchair Willowo game, Striking is referred to the striker striking/hitting the Willowo ball. The striker has to remain in the strike box while taking stance. Last man can continue to Willowo/strike till he is out.

11. BOWLING

In the Wheelchair Willowo game the bowler must bowl without trying to bounce the ball hard. Any bowler who bowls bouncers or dangerously will be disqualified immediately by the match referee and the remaining balls will be bowled by another bowler. Any ball that is bowled outside the leg side of the Striking Plank even if it touches the body or the wheelchair of the striker is a negatedelivery. The bowler must begin his/her run-up from inside the bowl box.

12. THE NUMBER OF PLAYERS

Each team shall consist of 10 players, one of whom shall be the captain and another vice-captain. Two substitute players are allowed in any given match as a reserve. The substitute may Strike, bowl, and field as any other player but may enter the game for the first time only while fielding. The substitute player may be called into play by the captain through a request to the match referee. In all two rotations by the substitute are permissible in any given match. The original player may return to the game and continue to play within a maximum time of 30 minutes. In a situation where the original player is not able to return to the game within 30 minutes, the substitute has to continue till the end of the game and shall strike in place of the original player compulsorily.

13. THE CAPTAIN

The captains are responsible at all times for ensuring that play is conducted within the Spirit of the Game as well as within the Laws. The captain shall nominate his players in writing to one of the referees before the toss. No player may be changed after the nomination without the consent of the opposing captain.

14. THE REFEREES

To apply the law and make sure the Wheelchair Willowo rules are upheld throughout the game there are two referees appointed for any given match. The match referee is the senior most of the referees for the match and shall consult with the other referee under circumstances of doubt. The match referee shall stand behind the Strike line next to the plank keeper outside the strike box with giving enough places for him to be comfortable for refereeing. The other referee is placed 4 feet behind the bowl line. The bowl line referee is responsible for making decisions and notifying the scorers of these decisions. In Wheelchair Willowo electronics or television is not used to make decisions however Willowo International may change this rule when found required.

15. SIGNALS

The relationship between the referees and scorers is important for the smooth running of the game. When on the field, referees communicate to the scorers, players and each other using a series of signals. The referees are in charge of the game, and the scorers work with the referees to record their decisions. Don't question the referee if you think they have made an incorrect call. However, the scorer should advise the referees if a bowler has bowled the maximum number of sets allowed in a match.

The following code of signals shall be used by referees: -

(i) Negative ball 2 runs - by crossing the hands at the wrists and then showing two fingers at the chest height. Out - by raising an index finger above the head. (If not, out the referee shall

remain quiet or call not out.). (I) Boundary 10 points- by waving one arm from side-to-side finishing with the arm across the chest. (II) 20 runs- by raising both arms above the head and place them on the head as a crown (III) New ball - by holding the ball above the head. (vi) Revoke - by touching both shoulders with crossed hands, and showing the new signal. (iv) Short run - by bending one arm upwards and touching the nearer shoulder with the tips of the fingers. (V) Body before Plank (BBP) – If the referee finds the ball is in line with the Striking Planks while the striker intercepts the ball with any part of his body, the referee signals out by raising an index finger above the head. (VI) Negative 5 Negative Runs are given by signaling and bringing one arm across the chest and touching the shoulder. The referee shall wait until each signal to the scorers has been separately acknowledged by a scorer before allowing play to proceed.

16. VILLOWO PLAYERS

Captains and referees together set the tone for the conduct of a Willowo match. Every player is expected to make an important contribution to this. The players, referees and scorers in a game of Willowo may be of either gender and the Laws apply equally to both. The use, throughout the text, of pronouns indicating the male gender is purely for brevity. Except where specifically stated otherwise, every provision of the Laws is to be read as applying to women and girls equally as to men and boys.

17. PLAYERS EQUIPMENT

The Willowo players equipment includes Willowo, helmet, box, arm guard, striker gloves, keeper pads, keeper gloves, fielders' gloves, thigh pad, Willowo ball and chest pad. It is compulsory to wear all the players' guards while striking.

The “**Villowo Chair**” is the official Willowo sport wheelchair approved by Willowo International. All official Wheelchair Willowo matches must be played using the Willowo Chair. Willowo Chairs are distributed only by Willowo International.

18. SET'S PER MATCH

Each fielding team shall bowl 20 Set's per match in the game of Wheelchair Willowo; and 3 hours per side in the Willowo one day matches. Each bowler may bowl a maximum of 4 Set's in short version and 10 sets in one day Matches. Each set is made up of 5 positive balls excluding the negative balls. During the League matches the maximum sets per side may be reduced to 15 sets with each bowler allowed a maximum of 3 sets each.

19. THE METHOD OF SCORING

The aim of the striker is to score points/runs. In Wheelchair Willowo points can only be scored on or in front of the striking plank line. One of the main Wheelchair Willowo rules for the striker to score points is, they must run to each other's end of the pitch (from one end to the other). In doing this one point is scored. Willowo rules state that they may run a maximum of

2 points/runs only per strike. As well as running they can also score points by hitting boundaries. A boundary scores the striker 10 or 20 points. A ten is scored by hitting the ball past the boundary after hitting the ground, while a twenty is scored by hitting the ball past the boundary on the full (before it hits the ground). 5 points are scored when any fielder touches the ground with any part of his body except by his hands while collecting the ball. Wheelchair Willowo rules also state that once a 5, 10 or 20 points/runs have been scored any points physically run by the Striker is null & void. They will only obtain the 5, 10 or 20 points. Other ways points can be scored according to the Wheelchair Willowo rules include negative points. Negative points are scored when a bowler bowls a negative ball. Five points are given when any Fielder touches the ground with his body other than his hands while collecting the ball and the ball is re-bowled. If the bowler bowls outside the line of the leg side of the striking plank and the ball hits the striker or goes past the Striker or the striker strikes the ball, 2 negative points are scored apart from the points the Striker scores by running between the planks or get through boundaries and the ball is re-bowled. If the ball is bowled dangerously or at a difficult height 2 negative points are scored and the ball is re-bowled. If the bowlers' leg crosses the bowl line in full while bowling, two negative points are scored. If the bowler bowls the ball over or wide of the offside bowling width mark two negative point are scored.

20. VILLOWO PROTECTIVE EQUIPMENT

The sport Willowo has optional protective equipment that the Striker may wear in-order to prevent any injuries. The following are the list of protective equipment in the sport Willowo a) Chest Pads b) Thigh Pads c) Leg Pads d) Arm guards e) Gloves f) Box g) Shoes h) Helmet and i) Shoulder guard.

21. START OF MATCH BY TOSS

The captains shall toss a coin for the choice of who is going to strike first, on the field of play and in the presence of the Wheelchair Willowo Match Referee, who shall supervise the toss. The toss shall take place not earlier than 30 minutes or later than 5 minutes before the scheduled or any re-scheduled time for the match to start. The captain of the side winning the toss shall notify the opposing captain as soon as the toss is completed of his decision to bowl or to strike first, shall apply.

22. WAYS TO BE GIVEN OUT

There are a number of ways to be given out in the game of Wheelchair Willowo. When a bowler gets a Striker out it is said that the bowler gets a "plank". Following are the different ways a Striker can be given out according to the rules of Wheelchair Willowo: - Wheelchair Willowo rules state that if the ball is bowled and hits the striking plank without being touched by a fielder, the Striker is given out. It does not matter whether the ball has touched the Striker Willowo, gloves, body or any other part of the Striker. However, the ball is not allowed to have touched by another player or referee before hitting the plank. If the Strikers are running between the planks and the fielder throws the ball which hits the planks when the Striker is short of the crease, the Striker running towards that plank which is hit is declared run out if the Striker has not crossed the line with his Willowo or any part of his body. If the

bowler bowls and the ball hit the Striker in line with the Striking Plank without touching the Villowo the referee may give the Striker leg before plank out. Villowo rules state that if a Striker hits the ball or touches the ball with his Villowo or hand/glove holding the Villowo then the Striker can be caught out in full. This is done by the fielders, plank keeper or bowler catching the ball on the full (before it bounces). If this is done then Villowo rules state the Striker is out. If the Striker willingly handles the ball with the hand that is not touching the Villowo without the consent of the opposition then the referee may give the Striker out. If a Striker hits a ball twice other than for the purpose of protecting his plank or with consent from the opposition he is out. A Striker is given out BBP (body before plank) if the ball strikes any part of his body before touching his Villowo and the ball is in line with the striking planks. A Striker may be given out if he willingly obstructs the opposition by word or action.

23. VILLOWO FIELDERS PLACEMENT

Before the release of the ball by the bowler the field has to be set in this format. Four players on the left side, four players on the right side and one player (inside the bowl box) and one player inside the Plank Keeper box)

24. CONCLUSION OF MATCH

The match is concluded (a) as soon as a result is reached (b) as soon as both (i) the minimum number of set's are completed (c) if, without the match being concluded either as in (a) or in (b) above, the players leave the field, either for adverse conditions of ground, weather or light, or in exceptional circumstances, and no further play is possible thereafter. Under such weather conditions where the match has to be abandoned the match referee calls the match drawn.

25. R.K's Health & Longevity Program

"Increase Your Good Weight Evert Day. Increase Your Good Thoughts and Actions Every Day for the Rest of Your Life." **Raghu Kumar R Founder of the sport Villowo.**



Restoring Life – Let's Do It Together

– Raghu Kumar Raghavelu Founder of the Sport Wheelchair Villowo and the President of Villowo International.

www.villowo.org