



INTERNATIONAL
SEPAKTAKRAW
FEDERATION

ISTAF

Law Of The Game

Quad Sepaktakraw

2024

INTERNATIONAL SEPAKTAKRAW FEDERATION (ISTAF)

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The Law of the Game governing the sport of Sepaktakraw had been constantly revised to ensure that the rules and regulations therein are kept up-to-date.

A review team comprising some representatives from the various Sepaktakraw Federations have reviewed the existing Law of the Game with the view to fine-tuning the rules and regulations so that any ambiguity is removed.

In its deliberation, the team had taken great care to ensure that the spirit and intended meaning of the rules and regulations are not altered.

It is my hope that everyone concerned with the sport of Sepaktakraw will familiarise themselves with the amended version of the Law of the Game so that we will be able to maintain consistency in its application, no matter where the sport is played.

**Dato Haji Abdul Halim Bin Kader, BBM
Secretary-General
ISTAF**

Dated this 1st day of January 2024

GLOSSARY

THE TERMS USED IN THE LAW OF THE GAME

- 1. Center Line**
 - A line that divides the court into two sides.
- 2. Service Line**
 - Is the baseline where the Server positions himself during service.
- 3. Free Zone**
 - The Area outside the court between the edge of the court lines and the A-Board.
- 4. A-Board**
 - An “A” shaped low advertising board placed around the court away from the court lines.
- 5. Post**
 - A cylindrical upright bar made of strong material to be used to hold the net firmly.
- 6. Regu**
 - Referred to as a group and it may be composed of two or three Players.
 - Regu in a team event referred to as 1st Regu, 2nd Regu and 3rd Regu.
- 7. Regu Captain**
 - A leader of a regu who wears an armband on the left upper arm.
- 8. Tekong**
 - A player also known as “Server” that serves the ball.
- 9. Opponent**
 - The opposite regu in a match.
- 10. Neutral Venue**
 - Neither home nor away site.
- 11. Logo**
 - An image appearing on a jersey to promote the manufacturer or sponsor.
- 12. Substitution**
 - An act of replacing one player with another.
- 13. Nominate**
 - An act of naming one or two players as a reserve(s).

14. Reserve Player

- A player who may be used to replace another player in the regu, also knows as substitute.

15. Injury

- Physical disability as a result of a fall or accident rendering the player unable to continue play.

16. Having Lost

- It is a result classified as forfeiture or disqualification in a game.

17. Setting up to Seventeen (17) points

- An announcement by the Referee at a point in time when the score is 14 -14. The set shall be won when a Regu reaches Seventeen (17) points.

18. Follow-through

- A lawful action following an execution of an aerial kick or a block that causes any part of the body to cross above or under the net. However, if any part of the player's body crosses above or under the net before contact with the ball, such motion is not a follow-through and is therefore, illegal.

Note:

- Words depicting the male gender in this rule and regulations shall include the female gender
- Only ISTAF approved equipment to be used in all sanction event

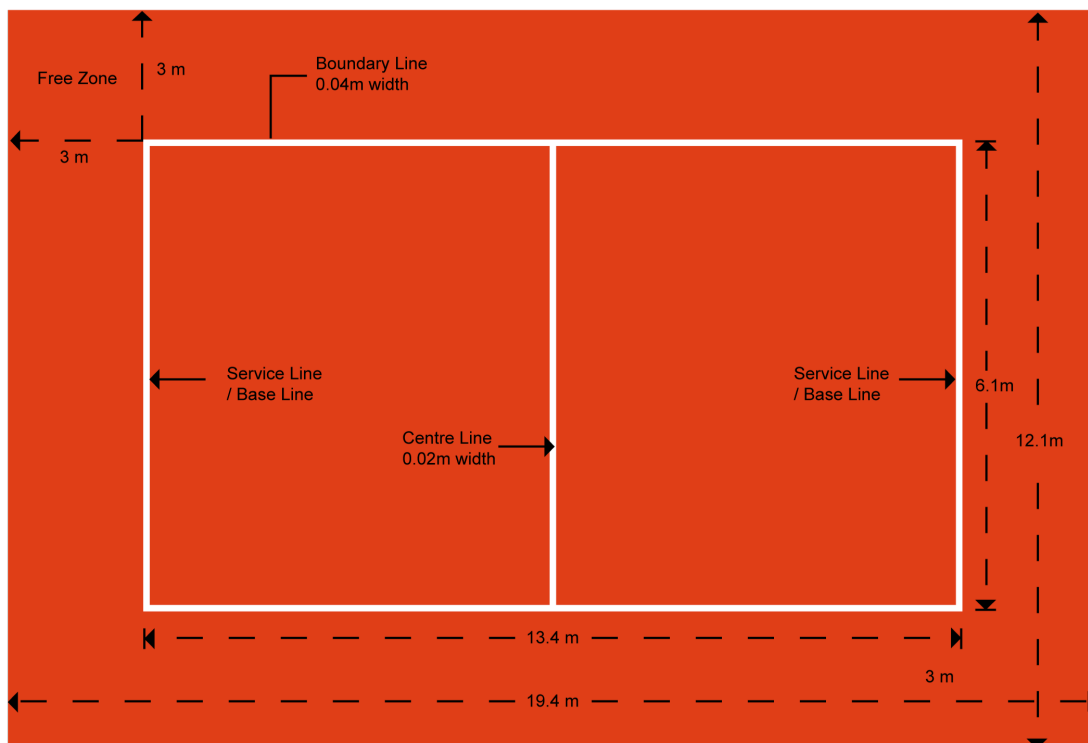
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LAW OF THE GAME QUAD SEPAKTAKRAW

1 THE COURT



1.1 The Court Dimension

The court dimension of 13.4m (metres) x 6.1m free from all obstacles up to the height of 8m measured from the floor surface.

1.2 The Bordering Line

The width of the lines bordering the court should not be more than 0.05m measured and drawn inwards from the edge of the court measurements.

1.3 The Centre Line

The Centre Line of 0.05m shall be drawn at the centre of the court equally marking the right side and left side of the court.

1.4 Free Zone

The court shall have an area, clear of any obstructions within 3.0m away from the sidelines and the baselines.

2 THE POSTS

- 2.1** The posts shall be 1.55m for men and 1.45m for women in height from the floor and must stand firmly to maintain high net tension. It should be made with very strong materials and shall not be more than 0.05m in radius.
- 2.2** The position of the posts shall be erected firmly 0.3m away from the sidelines and shall be in line with the Centre Line.

3 THE NET

- 3.1** The net shall be made of fine nylon cord with a mesh of 0.06m to 0.08m.
- 3.2** The net is 0.7m in width and must not be shorter than 6.1m in length placed vertically over the axis of the Centre Line.
- 3.3** Two side bands of 0.05m wide shall be fastened vertically to the net and placed above each sideline. These are considered part of the net.
- 3.4** The net shall be edged with a 0.05m wide tape, doubled at the top and bottom. It must be supported by a fine cable that runs through the tape, strains over and flushes at 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 the height at the posts shall be 1.55m for men and 1.45m for women.

4 THE SEPAKTAKRAW BALL



Men



Women | Junior

- 4.1** The Sepaktakraw ball shall be spherical in shape and, made of synthetic fiber with one woven layer.

- 4.2** A Sepaktakraw ball without synthetic rubber covering shall consist of the following characteristics
 - 4.2.1** Have 12 holes.
 - 4.2.2** Have 20 intersections.
 - 4.2.3** Have a circumference measuring from 0.41m to 0.43m for men and from 0.42m to 0.44m for women.
 - 4.2.4** Have a weight that ranges from 170g grams to 180g for men and from 150g to 160g for women.
- 4.3** The Sepaktakraw ball can be single coloured, multi-coloured, or luminous, provided the colour will not inhibit the performance of the players.
- 4.4** The covering of the Sepaktakraw ball can also be made of synthetic rubber or soft durable material to soften the impact of the ball on the player's body. The type of material and method used in making the ball shall be approved by ISTAF before it can be used in any competition.
- 4.5** All international and regional competitions sanctioned by ISTAF, including but not limited to, the Olympic Games, World Games, Commonwealth Games, Asian Games, and SEA Games, shall be played with ISTAF-approved Sepaktakraw balls.

5 THE PLAYERS

- 5.1** A match is played by two groups, referred to as a “Regu” or “Regus”, each consisting of four players.
- 5.2** One of the four players serving shall be positioned behind the baseline of the court and is called as “Tekong” (The Server).
- 5.3** Any one of the four players can execute the serve. The other three players shall be in their respective court.
- 5.4 Quad Team Event**
 - 5.4.1** Each team, referred to as “Team” shall comprise two Regus, and shall consist of a minimum of eight players and a maximum of twelve players.

- 5.4.2** Each player shall be registered in order to participate in any competition.
- 5.4.3** A maximum of four players shall be registered as part of the team's "reserve pool". Players in the reserve pool may be fielded only as substitutes.
- 5.4.4** Each player shall be permitted to play for only one Regu in any Team Match except for the Third Regu.
- 5.4.5** Prior to the start of a game, each team must have a minimum of eight registered players present on the playing court.
- 5.4.6** Any team with less than eight players shall not be permitted to play the game and shall be disqualified.
- 5.4.7** For the composition of the **Third Regu**, the teams will choose players from any of their registered twelve players.

5.5 Quad Regu Event

- 5.5.1** Each Regu shall consist of a minimum of four players and a maximum of six players (1 Regu of 4 players plus 2 reserves) all of whom must be registered.
- 5.5.2** Prior to the start of the game, each Regu must have at least four players present on the playing court.
- 5.5.3** Any Regu with less than four players shall not be permitted to play the game and shall be disqualified.

6 PLAYER'S ATTIRE

- 6.1** All apparels used by players shall be in accordance with the Law of the Game. 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 or endangers himself or other players shall not be permitted.
- 6.2** The opposing teams shall wear jerseys of a different colour.
- 6.3** A team shall have a minimum of two sets of jerseys of different colour. If both teams are wearing the same colour jerseys, than the home team shall change. When the match is played in a neutral venue, the team listed first on the match program shall make the change.

- 6.4** A player's attire consists of a jersey, shorts, socks and sport shoes with rubber soles without heels. The entire apparel of a player is regarded as part of his body. All jerseys shall be properly tucked in prior to the start of every set. During play, the players are allowed to have their jersey tucked out for unrestricted movement.
- 6.5** All jersey shall be numbered on both the front and back. A player shall be assigned only one number from 1 to 36 throughout a tournament.
- 6.6** The numbers shall not be less than 19 cm (centimetres) in height on the back, and not less than 10 cm in height on the front within the chest area.
- 6.7** The name of the player or the country he represents shall be printed on the back of the jersey above the number and must be clearly visible.
- 6.8** Jerseys may carry a sponsor's logo subject to tournament regulations.
- 6.9** The jersey manufacturer logo may appear on any player apparel at approved size.
- 6.10** The Captain of each Regu shall wear an armband on the left upper arm. Its color must be a different color from the jersey.
- 6.11** Any other apparel not specifically mentioned in these Law of the Game shall have to be approved by ISTAF.

7 SUBSTITUTION

- 7.1** Players are not allowed to play in more than one Regu in any Team Event except for the Third Regu only.
- 7.2** Substitution of a player shall be permitted at any time by showing the Substitution Card to the Referee when the ball is not in play. The Substitution Card shall indicate the jersey number of the outgoing player.
- 7.3** In each Regu, two Substitutions may be permitted in each set. The player who has been substituted earlier shall be allowed to re-enter the same set. One or two substitutions may be made at the same time for both Team and Regu event competitions.
- 7.4** For Regu events, each Regu may nominate a maximum of two reserves for any match, in addition to four players.
- 7.5** For Team events, each Team may nominate a maximum of four reserve players in a match.

- 7.5.1** Each Team may be permitted to field a maximum of two of the four reserve players in a Regu.
- 7.5.2** A reserve player fielded in the Regu shall play in that particular Regu only.
- 7.5.3** The remaining reserve players may be fielded in the next Regu.
- 7.5.4** Teams shall not be allowed to make any substitution if they have already fielded all their two reserve players.
- 7.6** If a Regu starts the next set with different players from those who finished the previous set, each change is considered as a substitution.
- 7.7** In an event of an injury, the injured player may be substituted provided the two substitutions have not been utilised yet. If the two substitutions have already been fielded and the injured player is rendered unfit to continue play, the game will end and the Regu shall be considered as having lost.
- 7.8** Any Regu having less than four players shall not be allowed to continue the game and shall be considered as having lost.
- 7.9** Any Regu in a Team event having less than four players shall not be allowed to continue the game and shall be considered as having lost for that particular Regu only.
- 7.10** If a player is shown a Red Card and is sent off from the game, the Regu is allowed to make a substitution, provided that his Regu has not utilized both substitutions in that set. If the Regu has utilized both substitutions in that set, the game shall end and the Regu with the sent-off player shall be considered as having lost.

8 THE COIN TOSS

- 8.1** Just 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
 - a. Serve first or
 - b. Choose which side of the court to start the match from.
- 8.2** The loser makes the remaining choice. Both sides shall abide by the Court Referee's instructions.

9 POSITION OF PLAYERS DURING SERVICE

- 9.1** At the start of the play, the players of both Regus must be in their respective courts in a ready position.
- 9.2** The Server serving the ball must have both feet behind the baseline.
- 9.3** The serve can be executed anywhere behind the baseline.
- 9.4** The Server will also be the thrower for the service without having the Server's feet touching the baseline. Both Server's foot must be behind the baseline after the service is being made even if it's a follow-through.
- 9.5** The non-serving player in the court shall be within their side of the court and their feet must remain stationary while the serve is being made.
- 9.6** To prevent any deliberate attempts to obscure or impede the receiving side's view of the server, players are not permitted to raise their arms above shoulder height, or to make deliberately distracting movements, until the serve has been delivered.
- 9.7** 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. Referee (stationed at one end of the net)
 - b. Assistant Referee (stationed opposite the Referee)
 - c. Court Referee (stationed behind the Referee)
 - d. Line Referee (to the right of the Referee along the side-line)
 - e. Line Referee (to the right of the Assistant Referee along the side-line)
- 10.2** The Referee is supported off court by an Official Referee.
- 10.3** The Regu that was decided to serve during the coin toss will serve first. Service shall alternate thereafter every one (1) point, regardless of which side wins the point.
- 10.4** Service shall alternate thereafter every three points, regardless of which side wins the point.
- 10.5** The motion of the "Rolling Ball" is counted as one count when the ball touches any part of the body from below the neck and roll to the other approved part of the body and vice versa unintentionally.

- 10.6** At deuce (when both sides reaches 14-14), the service shall remain alternate at every point made.
- 10.7** The Regu receiving the first service in the previous set shall serve first in the subsequent set.
- 10.8** Players shall change sides before the start of each set.
- 10.9** During the third set, the teams shall change sides when one Regu reaches eight (8) points.
- 10.10** Once the Referee calls “POINT, (Name of Team)”, the Server of the serving team has fifteen seconds to be ready for the next service with his foot behind the baseline. If this action is delayed, a warning shall be given. A repetition of this act shall be considered a Fault.
- 10.11** Wiping of sweat, adjusting of attire and other related actions shall be done within the period of fifteen seconds.
- 10.12** The throw must be executed as soon as the Referee calls the score and after one long blow of the whistle. If the throw is executed before the Referee blow the whistle, it shall be re-thrown and a warning shall be given to the Regu. A repetition of this act shall be considered a Fault.
- 10.13** During the service, as soon as the Server kicks the ball, all the players shall be allowed to move about freely in their respective courts.
- 10.14** The service is valid if the ball passes over the net, whether it touches the net or not, and is inside the boundary of the two net tapes and boundary lines of the opponent’s court.
- 10.15** In a knock-out system for Team Event , the Team does not have to play the 3rd Regu if a winner has been decided.
- 10.16** In a league system for Team Event, it is mandatory for teams to play the 3rd Regu.

11 FAULTS

A fault is deem to have occurred in the event of the followings;

11.1 The Serving Side During Service

- 11.1.1** The Tekong (Server) who is making a service throws, plays about with the ball (throwing up the ball, giving to other player, etc.) after the call of the score and whistle has been made by the Referee.

- 11.1.2** The non-serving player of the serving regu move away from his adopted position for the serve when the serve is being made.
- 11.1.3** The Tekong still not in ready position after the 15 second Rule, for the second time.
- 11.1.4** During the execution of the service, The Tekong's non-kicking foot is lifted off the floor prior to the kicking foot's contact with the ball, or the non-kicking foot touches the baseline.
- 11.1.5** The Tekong's foot touches the Baseline during the execution of the service or after the service is being made.
- 11.1.6** The Tekong's foot enters the court after the service is being made.
- 11.1.7** The Tekong does not kick the ball on the service throw.
- 11.1.8** The ball touches his own player before crossing the net.
- 11.1.9** The ball goes over the net but lands outside the court.
- 11.1.10** The ball fails to cross the net.
- 11.1.11** A player uses his hand or hands, or any other part of his arms to support 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.
- 11.1.12** The Tekong 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 Deliberately creating distractions by shouting, making noises or gesturing at the opponent after the Referee calls the score and blows the whistle.

11.3 For Both Sides During The Game

- 11.3.1 Touching the ball on the opponent side.
- 11.3.2 Any part of player's body crossing 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 player's 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., that 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 object except the net.
- 11.3.8 Any player using 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 the serving or receiving Regu commits a Fault, a point is awarded to the opponent.
- 12.2** Each set is won by the Regu which scores fifteen (15) points.
- 12.3** In the event of a score of 14-14, the set shall be won when a side reaches seventeen (17) points. In such a situation, the Referee shall announce "Setting up to seventeen (17) points".
- 12.4** Each match shall be determined on the basis of a best of three sets format, with two minute breaks in between sets. Sets shall be referred to as the first, second and third. The Regu which wins two sets first, shall be declared the winner of the match.

13 TIME – OUT

- 13.1** Each Regu shall be entitled to one time-out for a period of not exceeding one minute in each set.
- 13.2** Only the Team Manager or the Coach may call for time-out only when the ball is not in play.
- 13.3** Only two persons of different outfits from the playing Regu shall be allowed at the baseline during time-out and break.

14 TEMPORARY SUSPENSION OF PLAY

- 14.1** The Referee may suspend play temporarily for not exceeding five minutes for each Regu in the event that a player is injured and required immediate medical attention.
- 14.2** An injured player shall be allowed up to five minutes of injury time. If after five minutes, he is unable to continue play, a substitution shall be made. However, if the injured player's Regu has already made two substitutions earlier, the set shall be awarded to the opponent. An injury time shall not exceed 5 minutes in total per Regu.
- 14.3** In the event of obstructions, disturbances or disruptions, only the Official Referee may suspend the match after consulting the Tournament Committee.
- 14.4** Following a match suspension, all players shall not be allowed to leave the court except with the expressed permission of the Official Referee.
- 14.5** A Let is a call made by Referee that requires the point or service to be replayed. This occurs when ;
 - 14.5.1** Referee is unable to decide which side to be awarded the point, and declares a "REPLAY".
 - 14.5.2** Referee needs to stop play temporary due to some interference during play.

15 DISCIPLINE

- 15.1** All players and team officials shall abide by the Law of the Game.
- 15.2** Only the Captain of the Regu is allowed to approach the Referee during the game to request an explanation concerning the latter decision in the match.
- 15.3** Any Team Official or Player who disputes the Referee's decision during the match or acts in any manner that jeopardizes the smooth running of the match, shall be regarded as having committed a serious breach of discipline, and disciplinary action shall be taken against him.

16 PENALTY

Fouls and misconduct are penalised as follows
Disciplinary Sanctions

16.1 Cautionary Offences

A player who is cautioned shall be shown the Yellow Card if he commits any of the following offences;

- 16.1.1** Ungentlemanly conducts detrimental to the proper conduct of the game.
- 16.1.2** Shows dissent to Match Officials by word or action.
- 16.1.3** Repeated Infringement during the game.
- 16.1.4** Delaying the start of play.
- 16.1.5** Entering or leaving the court without the Referee's permission.

16.2 Sending-Off Offences

A player is shown a Red Card and sent off if he commits any of the following offences;

- 16.2.1** Dangerous play.
- 16.2.2** Violent conduct including any act with intent to cause injury to the opponent or any other person.
- 16.2.3** Spitting at an opponent or any other person.
- 16.2.4** Use of abusive language or gesture.
- 16.2.5** Shown the Yellow Card for the second time in the same match.

16.3 Yellow Card

The Yellow Card is shown to a player for cautionary offence committed either on or off the court, towards any opponent, team-mate, Match Officials or any other person during the match.

The practice governing the showing of the Yellow Cards is 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

- Compulsory One Match Suspension

16.3.3 Offence :

Third Yellow Card received after suspension for the first two Yellow Cards in the tournament.

Penalty

- Compulsory two-match suspension
- A fine of USD100 (One Hundred Dollars) to be paid by the club, association or federation which the player represented.

16.3.4 Offence :

Fourth Yellow Card

Yellow card received after two-match suspension for the earlier Third Yellow Card in the same tournament.

Penalty

- Immediate suspension from playing in the next or subsequent matches in any tournament sanctioned by relevant Sepaktakraw controlling authority until the Disciplinary Committee makes the decision.

16.3.5 Offence :

Two (2) Yellow Cards received within the same match

Penalty

- Compulsory two-match suspension
- A Fine of USD100 (One Hundred Dollars) to be paid by the club, association or federation which the player represented.
- A Red Card shall be given for a third offence committed in any other matches in the tournament.

16.4 Red Card

- 16.4.1** The Red Card is shown a player who commits a Sending-off Offence Rule 16.2 either on or off the court, towards any opponent, team-mate, Match Officials or any other person during the match.
- 16.4.2** The penalty for a Red Card Offence is a sending off from the game and immediate suspension from playing in any tournament sanctioned by the relevant controlling authority for Sepaktakraw until the Disciplinary Committee makes the decision.

17 MISCONDUCT OF TEAM OFFICIALS

- 17.1** Disciplinary action shall be taken against any Team Official and or members of his team for any act of misconduct committed during a tournament whether inside or outside the court.
- 17.2** Any Team Official who misbehaves or creates disturbances shall be immediately escorted out of the arena by the Tournament Officials and the Official Referee, and will also be immediately suspended from his appointment being a Team Official until a Disciplinary Committee makes the decision.
- 17.3** A Team Official who has committed a breach of discipline, shall be dealt with in accordance with Rule 16.4.

18 GENERAL

- 18.1.** Any matter not expressly provided for in these Rules of the Game shall be referred to the Council of the respective association or federation.

The regulation have been approved during the International Sepaktakraw Federation (ISTAF) Congress on 20 October 2016. The amendments have been approved during ISTAF Congress on 15 July 2023 in Korat, Thailand & ISTAF Executive meeting on 8 December 2023

