

# **SPORTARTANS**

**2018**

## **RULES**

### **REGISTRATION FORMAT**

<b>NAME OF SPORT</b>	<b>NUMBER OF PLAYERS</b>	<b>TEAM INFORMATION</b>
<b>CRICKET</b>	6	Team of 6 with at least 1 girl
<b>VOLLEYBALL</b>	6 with 2 substitutes	Boys
<b>TUG OF WAR</b>	6	Team of 6 with at least 2 girls
<b>FOOTBALL</b>	5 with 2 substitutes	Boys
<b>BADMINTON</b>	1 or 2	Boys Single Girls Single Boys Double Girls Double Mix Double(1 Boy and 1 Girl)
<b>TABLE TENNIS</b>	1 or 2	Boys Single Girls Single Boys Double Girls Double Mix Double(1 Boy and 1 Girl)

# **TABLE TENNIS**

## **Service Rules**

- The service must start with the ball in an open palm
- The ball must be thrown vertically, at least 16 cm
- The ball must be above and behind the table throughout the serve.
- After throwing the ball, the server must get their free arm and hand out of the way
- If the service touches the net and falls on the opponent's court, re-serve and point will be lost if it again touches the net.
- Doubles- always right to left and swap after you serve

## **Doubles Rules**

- The service must go diagonally, from the server's right-hand side to the receivers right-hand side.
- At the change of service, the previous receiver becomes the new server and the partner of the previous server becomes the receiver.

## **General match play**

- You have two serves before it is your opponent's turn to serve twice
- At 10-10 it's deuce. You get one serve each and must win by two clear points

## **A point is lost if-**

- The service is missed
- The service is not returned
- A shot goes into the net
- A shot goes off the table without touching the court
- A player moves the table, touches the net or touches the table with their free hand during play.
- The service touches the net and it falls back onto your court

## **FOOTBALL**

- 15 minutes half and total time 30 minutes
- Break time 2 minutes
- Goal keeper will not use hand
- No offside
- Proper kit
- Total substitution allowed
- Penalty D to D
- No through in for outside, corner. Tap in
- Penalty will be given to playing 5 only at the time of last whistle.
- Direct shot for penalty or one tip inside D
- One member can play in one team only
- If yellow card is given, a player will not be playing for 2 minutes.
- If Goalkeeper touches with hand, penalty will be given
- Goalkeeper is fixed.

## **TUG OF WAR**

- Each team can accommodate a maximum of 6 members. (2 females mandatory)
- The rope will consist of a red mark in the middle
- A center line is marked on the playing zone and the rope is placed in a manner that its middle red mark aligns the centre marked on the ground
- On either sides of the rope, 2 more marks are made. This is the point where the first member of each team will stand
- As the referee blows the whistle, each team has to start pulling the rope into their Territory along with the members of the opposition team
- As soon as the second mark on the rope from the center red mark crosses over to center line, the team to pull the rope to their area wins the game
- Lowering your elbow below the knee level while pulling the rope is considered to be a foul
- Touching the ground for a longer period of time is also considered as a foul and will lead to disqualification.

## **CRICKET**

- It will be a 5 overs match
- 6 player are required to be in each team
- Composition of 5 Male and 1 female
- 1 over per player
- Catch out, stump , run out , hit-wicket

## **VOLLEYBALL**

- 6 players on the floor at any one time - 3 in the front row and 3 in the back row
- Maximum of 3 hits per side
- Points are made on every serve for winning team of rally (rally-point scoring)
- Player may not hit the ball twice in succession. (A block is not considered a hit)
- Ball may be played off the net during a volley and on a serve. A ball hitting a boundary line is in. A ball is out if it hits an antennae, the floor completely outside the court, any of the net or cables outside the antennae, the referee stand or pole, the ceiling above a non-playable area
- It is illegal to contact the ball with any part of a player's body. It is illegal to catch, hold or throw the ball
- A player cannot block or attack a serve from on or inside the 10-foot line
- At the serve, front-line players may switch positions at the net
- Matches are made up of sets; the number depends on level of play
- 3-set matches are 2 sets to 21 points and a third set to 15. Each set must be won by two points. The winner is the first team to win 2 sets. 5-set matches are 4 sets to 25 points and fifth set to 15
- The team must win by 2 unless tournament rules dictate otherwise. The winner is the first team to win three set
- Max 3 hits to throw the ball in opponents area
- Touching the net, crossing the line, is point
- No holding of ball and if the ball is on line striking team will consider it as in and the point will be given to opposite team.

# **BADMINTON**

- **Toss**

A toss shall be conducted before a game starts. If you win, you can choose between serving first or to start play at either end of the court. Your opponent can then exercise the remaining choice

- **Scoring system**

A badminton match shall consist of the best of 3 games.

In doubles and men's singles, the first side to score 15 points wins the game. In women's singles, the first side to score 11 points wins the game. The side winning a game serves first in the next game. Only the serving side can add a point to its score. Scoring format of 21 points per game in all badminton competitions.

## **Rules of Badminton - Singles**

- **Serving and receiving courts**

You shall serve from, and receive in, the right service court when you or your opponent has scored an even number of points in that game. You shall serve from, and receive in, the left service court when you or your opponent has scored an odd number of points in that game. You and your opponent will hit the shuttle alternately until a 'fault' is made or the shuttle ceases to be in play.

- **Scoring and serving**

You score a point and serve again from the alternate service court when your opponent makes a 'fault' or the shuttle ceases to be in play because it touches the surface of your opponent's side of court. No points will be scored when you make a 'fault' or the shuttle ceases to be in play because it touches the surface of your side of court. The serving right will then be transferred to your opponent.

## **Rules of Badminton – Doubles**

At the start of the game, and each time a side gains the right to serve, the service shall be delivered from the right service court. Only your opponent standing diagonally opposite of you shall return the service. Should your opponent's partner touch or hit the shuttle, it shall be a 'fault' and your side scores a point.

- **Order of play and position on court**

After the service is returned, either you or your partner may hit the shuttle from any position on your side of the net. Then either player from the opposing side may do the same, and so on, until the shuttle ceases to be in play.

- **Scoring and serving**

If you are serving or receiving first at the start of any game, you shall serve or receive in the right service court when your side or your opponent's side scored an even number of points. You shall serve from or receive in the left service court when your side or your opponent's side has scored an odd number of points. The reverse pattern shall apply to your partner. In any game, the right to serve passes consecutively from the initial server to the initial receiver, then to that initial's receiver's partner, then to the opponent who is due to serve from the right service court, then to that player's partner, and so on. You shall not serve out of turn, receive out of turn, or receive two consecutive services in the same game, except as provided in service court errors and 'lets'.

- **Service court errors**

A service court error has been made when a player has served out of turn, has served from the wrong service or standing on the wrong service court while being prepared to receive the service and it has been delivered. If a service court error is discovered after the next service had been delivered, the error shall not be corrected. If a service court error is discovered before the next service is delivered, the following rules apply. If both sides committed an error, it shall be a 'let'. If one side committed the error and won the rally, it shall be a 'let'. If one side committed the error and lost the rally, the error shall not be corrected. If there is a 'let' because of a service court error, the rally is replayed with the error corrected. If a service court error is not to be corrected, play in that game shall proceed without changing the player's new service courts.

- **Faults**

The rules of badminton consider the following as faults: If the shuttle lands outside the boundaries of the court, passes through or under the net, fail to pass the net, touches the ceiling or side walls, touches the person or dress of a player or touches any other object or person.- If the initial point of contact with the shuttle is not on the striker's side of the net. (The striker may, however, follow the shuttle over the net with the racket in the course of a stroke.)- If a player touches the net or its supports with racket, person or dress, invades an opponent's court over the net with racket or person except as permitted.- If a player invades an opponent's court under the net with racket or person such that an opponent is obstructed or distracted or obstructs an opponent, that is prevents an opponent from making a legal stroke where the shuttle is followed over the net.- If a player deliberately distracts an opponent by any action such as shouting or making gestures.- If the shuttle is caught and held on the racket and then slung during the execution of a stroke.- If the shuttle is hit twice in succession by the same player with two strokes.- If the shuttle is hit by a player and the player's partner successively or touches a player's racket and continues towards the back of that player's court.- If a player is guilty of flagrant, repeated or persistent offences under Law of Continuous Play, Misconduct, Penalties.- If, on service, the shuttle is caught on the net and remains suspended on top, or, on service, after passing over the net is caught in the net.