



NATIONAL LAW INSTITUTE UNIVERSITY, BHOPAL



VIRUDHAKA

13th-16th OCTOBER 2016

EVENT RULES

5-A SIDE GIRLS'

I. GENERAL RULES:

1. Each team consists of 5 active players and a maximum of 4 substitutes.
2. Each match will be for 30 minutes divided into halves of 15 minutes each with a half-time of 5 minutes.
3. The winning team of every match will advance to the next round, the losing team stands knocked out. This format shall continue till the finals.
4. Every match must have a winner. The team that scores the highest number of goals wins. In the circumstance that equal number of goals are scored by both teams, a penalty shoot-out will take place.
5. The players should be in proper sports gear.
6. No Player is allowed to use their hands or arms, including the goalkeeper, at any point during the match. There shall be a penalty for doing so.
7. Unlimited substitutions can occur throughout a match but this change can only take place during a stoppage in play.

II. BALL IN AND OUT OF PLAY:

1. At kick-off, all players must be in their own half and opposition players must be at least 3 metres from the ball until it is played.
2. The ball is only considered out of play if it has completely crossed the goal or touchline or play has been stopped by the referee's whistle.
3. At all other times the ball is in play, including rebounds from the goal post/crossbar, the barricades around the playing area or even off the referee.

III. FOULS AND MISCONDUCT:

1. A direct free kick is awarded to the opposing team if a player commits any offences or acts in a manner considered by the referee to be careless, reckless or using excessive force. The referee's word is final.
2. Penalty kicks are awarded if any of these infringements occur in the penalty area.

IV. THE KICK-IN:

A kick-in shall restart the play in case the play is stopped by the referee or the ball crosses the side lines. The ball has to be stationary on the touchline for the kick to be taken.

V. THE PENALTY SHOOTOUT:

In the case of a tie in the match at the end of full time, a penalty shootout will take place.

1. Each team shall be awarded 5 penalty shots.
2. There will be no goal-keeper or defenders preventing the goal.
3. A single player cannot take more than one shot.
4. The player gets a single touch. If the ball is touched more than once by the player, the shot will be disqualified.
5. The team with the highest number of goals wins.



ATHLETICS

I. GENERAL RULES:

1. The rules for athletics will be governed by the Amateur Athletics Federation of India.
2. Here is the list of events to be organized in the sports meet:

Men

- 100 M
- 200 M
- 400 M
- 800 M
- 1500 M
- 4 * 100 M Relay
- 4*400 M Relay
- Long Jump
- Triple Jump
- High Jump
- Discuss Throw
- Shot Put

Women

- 100 M
- 200 M
- 4* 100 M Relay
- Long Jump
- Shot Put
- 1500 M

3. Only 2 entries are allowed for each individual event.
4. Only 1 team of four participant can participate in Relay Race (4* 100 M & 4* 400 M).
5. The Participant would be subject to disqualification on the ground of non-compliance with Track & Field Rules.

BADMINTON

I. TOSS:

Before play commences, a toss shall be conducted and the side winning the toss shall exercise the choice:

1. To serve or receive first;
2. To start play at one end of the court or the other.

The side losing the toss shall then exercise the remaining choice.

II. SCORING SYSTEM:

1. A match shall consist of the best of three games of 21 points each.
2. A game shall be won by the side which first scores 21 points.
3. The side winning a rally shall add a point to its score. A side shall win a rally, if the opposing side commits a "fault" or the shuttle ceases to be in play because it touches the surface of the court inside the opponent's court.
4. If the score becomes 20-all, the side which gains a two point lead first, shall win that game.
5. If the score becomes 29-all, the side scoring the 30th point shall win that game.
6. The side winning a game shall serve first in the next game.

III. CHANGE OF ENDS:

Players shall change ends:

- At the end of the first game;
- At the end of the second game, if there is to be a third game; and
- In the third game when a side first scores 11 points.

IV. SERVICE:

1. In a correct service:

- Neither side shall cause undue delay to the delivery of the service once the server and the receiver are ready for the service. On completion of the backward movement of server's racket head, any delay in the start of the service shall be considered to be an undue delay;
- The server and the receiver shall stand within diagonally opposite service courts without touching the boundary lines of these service courts;
- Some part of both feet of the server and the receiver shall remain in contact with the surface of the court in a stationary position from the start of the service until the service is delivered;
- The server's racket shall initially hit the base of the shuttle;
- The whole shuttle shall be below the server's waist at the instant of being hit by the server's racket. The waist shall be considered to be an imaginary line round the body, level with the lowest part of the server's bottom rib;
- The shaft of the server's racket at the instant of hitting the shuttle shall be pointing in a downward direction;
- The movement of the server's racket shall continue forwards from the start of the service until the service is delivered;
- The flight of the shuttle shall be upwards from the server's racket to pass over the net so that, if not intercepted, it shall land in the receiver's service court (i.e. on or within the boundary lines); and
- In attempting to serve, the server shall not miss the shuttle.

2. Once the players are ready for the service, the first forward movement of the server's racket head shall be the start of the service.

3. Once started, the service is delivered when the shuttle is hit by the server's racket or, in attempting to serve, the server misses the shuttle.

4. The server shall not serve before the receiver is ready. However, the receiver shall be considered to have been ready if a return of the service is attempted.

5. In doubles, during the delivery of service, the partners may take up any positions within their respective courts, which do not unsight the opposing server or receiver.

V. SINGLES:

1. Serving and receiving courts:

- The players shall serve from, and receive in, their respective right service courts when the server has not scored or has scored an even number of points in that game.
- The players shall serve from, and receive in, their respective left service courts when the server has scored an odd number of points in that game.

2. Order of play and position on court:

In a rally, the shuttle may be hit by the server and the receiver alternately, from any position on that player's side of the net, until the shuttle ceases to be in play.

3. Scoring and serving:

- If the server wins a rally, the server shall score a point. The server shall then serve again from the alternate service court.
- If the receiver wins a rally, the receiver shall score a point. The receiver shall then become the new server.

VI. DOUBLES:

1. Serving and receiving courts

- A player of the serving side shall serve from the right service court when the serving side has not scored or has scored an even number of points in that game.
- A player of the serving side shall serve from the left service court when the serving side has scored an odd number of points in that game.
- The player of the receiving side who served last shall stay in the same service court from where he served last. The reverse pattern shall apply to the receiver's partner.
- The player of the receiving side standing in the diagonally opposite service court to the server shall be the receiver.
- The players shall not change their respective service courts until they win a point when their side is serving.
- Service in any turn of serving shall be delivered from the service court corresponding to the serving side's score.

2. Order of play and position on court:

- After the service is returned, in a rally, the shuttle may be hit by either player of the serving side and either player of the receiving side alternately, from any position on that player's side of the net, until the shuttle ceases to be in play.

3. Scoring and serving:

- If the serving side wins a rally, the serving side shall score a point. The server shall then serve again from the alternate service court.
- If the receiving side wins a rally, the receiving side shall score a point. The receiving side shall then become the new serving side.

4. Sequence of serving:

In any game, the right to serve shall pass consecutively:

- From the initial server who started the game from the right service court;
- To the partner of the initial receiver;
- To the partner of the initial server;
- To the initial receiver;
- To the initial server and so on;

5. No player shall serve or receive out of turn, or receive two consecutive services in the same game.

6. Either player of the winning side may serve first in the next game, and either player of the losing side may receive first in the next game.

VII. SERVICE COURT ERRORS:

1. A service court error has been made when a player:

- Has served or received out of turn; or
- Has served or received from the wrong service court;

2. If a service court error is discovered, the error shall be corrected and the existing score shall stand.

VIII. FAULTS:

1. It shall be a "fault":

- If a service is not correct;
- If, in service, the shuttle:
 - a) Is caught on the net and remains suspended on its top;

- b) After passing over the net, is caught in the net; or
- c) Is hit by the receiver's partner;

2. if in play, the shuttle:

- Lands outside the boundaries of the court (i.e. not on or within the boundary lines);
- Passes through or under the net;
- Fails to pass over the net;
- Touches the ceiling or side walls;
- Touches the person or dress of a player;
- Touches any other object or person outside the court;
- Is caught and held on the racket and then slung during the execution of a stroke;
- Is hit twice in succession by the same player. However, a shuttle hitting the head and the stringed area of the racket in one stroke shall not be a "fault";
- Is hit by a player and the player's partner successively; or
- Touches a player's racket and does not travel towards the opponent's court;

3. If, in play, 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 that the striker may follow the shuttle over the net with the racket in the course of a stroke after the initial point of contact with the shuttle is on the striker's side of the net;
- Invades an opponent's court under the net with racket or person such that an opponent is obstructed or distracted; or
- Obstructs an opponent, i.e. prevents an opponent from making a legal stroke where the shuttle is followed over the net;
- Deliberately distracts an opponent by any action such as shouting or making gestures;

4. If a player is guilty of flagrant, repeated or persistent offences.

IX. INTERVALS:

1. Not exceeding 60 seconds during each game when the leading score reaches 11 points; and
2. Not exceeding 120 seconds between the first and second game, and between the second and third game shall be allowed in all matches.

BASKETBALL

I. GENERAL RULES:

1. Team Cap: 10 - 12 players
2. No of Quarters: 4
3. Quarter Duration : 10 minutes (men) and 7 minutes (women)
4. Jerseys: Name and Jersey number to be printed on the back/chest of the torso. Jersey number has to be between 4 and 15 [including 4 and 15]
5. General Rules regarding Substitution, violations, fouls etc. will be the same as the BFI rules.

CARROM

I. GENERAL RULES:

1. Member per college – 2 i.e. a team consisting two members.
2. There shall be a toss by the referee at the commencement of each match. The toss shall be by spin of coin or by means of calling the Carromman. The either player/pair, winning the toss, shall have the choice of side or the option to strike first. If the winner decides to have the choice of side, he shall communicate the same to the referee, who shall instruct the loser to sit first.
3. Both the players are supposed to play their matches individually.
4. The individual matches will be of “*BEST OF THREE*”.
5. If both the individual players of the same team win their individual matches, they will qualify for the next round.
6. If one of them loses the match and the other wins in their individual game, this will lead to the team match event, i.e. two-on-two.
7. The winner of that match will qualify for the next level.
8. Player has to call the foul and let the referee know about the same.

9. The rules will be instructed by the referee at the time the event.

CHESS

I. GENERAL RULES:

1. The mode of participation is individual entry.
2. The tournament shall follow the general RULES.
3. This will be a clocked tournament and each player will be given 15 minutes to play the round.
4. The Chess Tournament Director has the power to modify the RULES and regulations of the tournament as he deems fit and appropriate.
5. In case of a team tie, a tie breaker shall be held, where the captains of each team play each other in 3 rounds of blitz chess. In case of a further tie, a single and final round of bullet chess will be played by the captains.
6. The decision of the arbiter is binding and final.
7. A full set of rules and regulations will be made available at the tournament.

CRICKET

I. GENERAL RULES:

1. Team Cap: 11-16 players.
2. In a single innings, each of the bowlers can bowl a maximum of only one-fifth of the total overs i.e. 4 overs in a total of 20 overs.
3. The matches will be played with tennis ball.
4. There shall be runs for byes as well as leg byes. Laws of Leg before Wicket (LBW) will not apply.
5. The delivery following a no ball called for a foot fault shall be a free hit for whichever batsman is facing it. For any free hit, the striker can be dismissed only under the circumstances that apply for a no ball, even if the delivery for the free hit is called wide ball.
6. Field changes are not permitted for free hit deliveries unless there is a change of striker. If the delivery for the free hit is not a legitimate delivery (any kind of no ball or a wide ball), then the next delivery will become a free hit for whichever batsman is facing it.

7. In each Twenty20 cricket match, one short-pitched ball is allowed per over.
8. At the most, five fielders can be on the leg side, at any given point of time.
9. The fielding team has to start bowling its 20th over within 85 minutes. If it fails to do so, extra six runs will be added to the batting team's score, for every whole over bowled after the 85 minute-mark. In case the umpire believes that the batting team is wasting time, he may add more time to this.
10. A bowler shall be limited to one fast short-pitched delivery per over.
11. A runner for a batsman when batting is not permitted.
12. The umpires shall have discretion to allow, for other wholly acceptable reasons, a substitute fielder to act for a nominated player, at the start of the match, or at any subsequent time.
13. If the scores are equal, the result will be a tie and no account shall be taken of the number of wickets which have fallen. In the event of a tied match the teams shall compete in a one over per side eliminator to determine the winner.
14. The team batting second in the match will bat first in the one over eliminator.
15. The loss of two wickets in the over ends the team's one over innings.
16. In the event of the teams having the same score after the one over per side eliminator has been completed, if the original match was a tie under the D/L method, clause 14 immediately applies. Otherwise, the team whose batsmen hit the most number of boundaries combined from its two innings in both the main match and the one over per side eliminator shall be the winner.
17. If the number of boundaries hit by both teams is equal, the team whose batsmen scored more boundaries during its innings in the main match (ignoring the over per side eliminator) shall be the winner.



FOOTBALL

I. GENERAL RULES:

1. The team should have 16 players, 11 for the playing team and 5 players on the bench.
2. The game shall be played for the duration of 50 minutes, i.e. two periods of 25 minutes each.
3. All the players are supposed to carry their identity cards to the fields, in case of any problems and to seek clarifications for the same.
4. Player's will not be allowed to play without a proper kit, i.e. Shoes and Shin guards.
5. A maximum of 3 substitutions are allowed per team per match.
6. Red cards will not be carried forward to the next match, but will be effective for the same match.
7. The decision of the referee is to be considered as the final call and any violation of the same would lead to disqualification of the team.
8. The managing committee is entitled to change or alter the fixtures as per their convenience.
9. The other rules of the game are the same as that of FIFA and will be played accordingly.
10. Violation of any of the above rules would lead to disqualification the team.

KHO-KHO

I. GENERAL RULES:

1. Duration:
 - (a) Each side will consist of 9 players.
 - (b) An innings will consist of chasing and running turns which will be of seven minutes duration. Each match will consist of two innings.
 - (c) An interval of 5 minutes is allowed after an inning and 2 minutes between two turns
2. The side of the chasers scores one point for putting out each runner.
3. The chaser or runner has the option to end the turn before the expiry of the allotted time.
4. The captain of the toss winning team will have the choice of chasing or running.
5. At the commencement of the game the eight chasers (players sitting in the squares) will sit in the squares facing opposite directions. No adjacent chasers should face in the same direction. The 9th chaser will stand at either of the posts.
6. The runners will fix their entry serially with the scorer.

7. With the commencement of the game three runners are to get inside the court. As soon as a runner is put out the next three runners must enter the field before "kho" is given. If a runner fails to enter the field, he is given out.
8. A runner goes out by the following means:
- (a) If touched by a chaser.
 - (b) Fails to enter the field when a runner is given out.
 - (c) If he touches the seated chasers twice or after receiving a warning for similar infringement.
9. Rules for the chasers:
- (a) "Kho" is to be given from behind a sitting chaser and loudly.
 - (b) The seated chaser shall not get up without getting "kho".
 - (c) An active chaser shall not recede to give "kho".
 - (d) An active chaser shall sit down immediately after giving "kho".
 - (e) After getting "kho" the sitting chaser becomes active and follows the direction he is facing.
 - (f) An active chaser is not to cross the centre line.
 - (g) He is to take the direction that he has initially taken to the M or N posts.
 - (h) When an active chaser leaves a post, he shall go in the direction of other post remaining on the side of the centre line which he was facing before leaving the post.
 - (i) Chasers are not to obstruct runners while being seated.
 - (j) The face (shoulder line) of an active chaser must be in a direction he has taken. He shall not turn his face. He is only allowed to turn his face parallel to the centre line.
 - (k) If a foul is committed by an active chaser he will be directed to go in the opposite direction of his chaser as indicated by the umpire and if a runner is put out by this act he will not be given out.
 - (l) When an active chaser lets go his hold of the post or goes beyond the rectangles he is known as leaving the post.
10. In the case of any ambiguity referee's decision would be binding on each team.

POOL (9 BALL)

Rules will be informed at the time of the event.

SNOOKER

Rules will be informed at the time of the event.

SWIMMING

I. GENERAL RULES:

1. Only one person can participate from a college in a particular event.
2. Event will be held canceled if there are less than three participants in that particular event.
3. Lanes would be allotted by the organizers.
4. The decision of the referee would be final.
5. No one will be allowed to take part without appropriate swim wear. It will not be our responsibility to provide anyone with the swimwear.

II. THE START:

1. The start in Freestyle, Breaststroke, Butterfly and Individual Medley races shall be with a dive. On the long whistle from the referee the swimmers shall step onto the starting platform and remain there. On the starter's command "take your marks", they shall immediately take up a starting position with at least one foot at the front of the starting platforms. The position of the hands is not relevant. When all swimmers are stationary, the starter shall give the starting signal.
2. The start in Backstroke and Medley Relay races shall be from the water. At the referee's first long whistle, the swimmers shall immediately enter the water. At the Referee's second long whistle the swimmers shall return without undue delay to the starting position. When all swimmers have assumed their starting positions, the starter shall give the command "take your marks". When all swimmers are stationary, the starter shall give the starting signal.

3. In Olympic Games, World Championships and other FINA events the command "Take your marks" shall be in English and the start shall be by multiple loudspeakers, mounted one at each starting platform.
4. Any swimmer starting before the starting signal has been given, shall be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer or swimmers shall be disqualified upon completion of the race. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back and start again. The Referee repeats the starting procedure beginning with the long whistle (the second one for backstroke).

III. FREESTYLE:

1. Freestyle means that in an event so designated the swimmer may swim any style, except that in individual medley or medley relay events, freestyle means any style other than backstroke, breaststroke or butterfly.
2. Some part of the swimmer must touch the wall upon completion of each length and at the finish.
3. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters after the start and each turn. By that point, the head must have broken the surface.

IV. BREASTSTROKE:

1. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. A single butterfly kick is permitted during the first arm stroke, followed by a breaststroke kick.

Interpretation:

The first arm stroke begins with the separation of the hands.

1. From the beginning of the first arm stroke after the start and after each turn, the body shall be on the breast. It is not permitted to roll onto the back at any time. From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and on the same horizontal plane without alternating movement.

Interpretation:

A pause after the separation of the hands is not a violation of the rule.

2. The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.
3. During each complete cycle, some part of the swimmer's head must break the surface of the water. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke. All movements of the legs shall be simultaneous and on the same horizontal plane without alternating movement.
4. The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward butterfly kick is not permitted. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.
5. At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

V. BACKSTROKE:

1. Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited.
2. At the signal for starting and after turning the swimmer shall push off and swim upon his back throughout the race except when executing a turn as set forth in rule no. 4. The normal position on the back can include a roll movement of the body up to, but not including 90 degrees from horizontal. The position of the head is not relevant.
3. Some part of the swimmer must break the surface of the water throughout the race. It is permissible for the swimmer to be completely submerged during the turn, at the finish and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface.

4. When executing the turn there must be a touch of the wall with some part of the swimmer's body in his/her respective lane. During the turn the shoulders may be turned over the vertical to the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to the position on the back upon leaving the wall.
5. Upon the finish of the race the swimmer must touch the wall while on the back in his/her respective lane.

VI. BUTTERFLY:

1. From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. Under water kicking on the side is allowed. It is not permitted to roll onto the back at any time.
2. Both arms shall be brought forward together over the water and brought backward simultaneously through-out the race.
3. All up and down movements of the legs must be simultaneous. The legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A breaststroke kicking movement is not permitted.
4. At each turn and at the finish of the race, the touch shall be made with both hands simultaneously, at, above or below the water surface.
5. At the start and at turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.

TABLE TENNIS

I. GENERAL RULES:

1. There will be men's and women's team events and mixed doubles event.
2. The teams in the team event will consist of two players each.
3. The team event will consist of two singles, one doubles, and two reverse singles, that is, the team event will be a best of 5 event.
4. Each individual match in the team event will be a best of 3 match.
5. The mixed doubles matches will be best of three matches.
6. No player shall be allowed to change the racquet or the rubber of the racquet during the match.
7. All the standard rules of table tennis will be followed during the matches.



TENNIS

I. SCORE IN A GAME:

A. Standard game

1. A standard game is scored as follows with the server's score being called first:

No point - "Love"

First point - "15"

Second point - "30"

Third point - "40"

Fourth point - "Game"

2. Except that if each player/team has won three points, the score is "Deuce".
3. After "Deuce", the score is "Advantage" for the player/team who wins the next point. If that same player/team also wins the next point, that player/team wins the "Game"; if the opposing player/team wins the next point, the score is again "Deuce". A player/team needs to win two consecutive points immediately after "Deuce" to win the "Game".

B. Tie-break game

1. During a tie-break game, points are scored "Zero", "1", "2", "3", etc. The first player/team to win seven points wins the "Game" and "Set", provided there is a margin of two points over the opponent(s). If necessary, the tie-break game shall continue until this margin is achieved.
2. The player whose turn it is to serve shall serve the first point of the tie-break game. The following two points shall be served by the opponent(s) (in doubles, the player of the opposing team due to serve next). After this, each player/team shall serve alternately for two consecutive points until the end of the tie-break game (in doubles, the rotation of service within each team shall continue in the same order as during that set).
3. The player/team whose turn it was to serve first in the tie-break game shall be the receiver in the first game of the following set.
4. Additional approved alternative scoring methods can be found in Appendix V.

II. SCORE IN A SET:

There are different methods of scoring in a set. The two main methods are the “Advantage Set” and the “Tie-break Set”. Either method may be used provided that the one to be used is announced in advance of the event. If the “Tie-break Set” method is to be used, it must also be announced whether the final set will be played as a “Tie-break Set” or an “Advantage Set”. a. “Advantage Set” The first player/team to win six games wins that “Set”, provided there is a margin of two games over the opponent(s). If necessary, the set shall continue until this margin is achieved. b. “Tie-break Set” The first player/team to win six games wins that “Set”, provided there is a margin of two games over the opponent(s). If the score reaches six games all, a tie-break game shall be played. Additional approved alternative scoring methods can be found in Appendix V.

III. SCORE IN A MATCH:

A match can be played to the best of 1 set¹ (a player/team needs to win 6 games to win the match).

IV. SERVER & RECEIVER:

1. The players/teams shall stand on opposite sides of the net. The server is the player who puts the ball into play for the first point. The receiver is the player who is ready to return the ball served by the server.

Case 1: Is the receiver allowed to stand outside the lines of the court?

Decision: Yes. The receiver may take any position inside or outside the lines on the receiver's side of the net.

V. CHOICE OF ENDS & SERVICE:

1. The choice of ends and the choice to be server or receiver in the first game shall be decided by toss before the warm-up starts. The player/team who wins the toss may choose:
 - a. To be server or receiver in the first game of the match, in which case the opponent(s) shall choose the end of the court for the first game of the match; or

¹ Subject to change.

- b. The end of the court for the first game of the match, in which case the opponent(s) shall choose to be server or receiver for the first game of the match; or
- c. To require the opponent(s) to make one of the above choices.

Case 1: Do both players/teams have the right to new choices if the warm-up is stopped and the players leave the court?

Decision: Yes. The result of the original toss stands, but new choices may be made by both players/teams.

VI. CHANGE OF ENDS:

1. The players shall change ends at the end of the first, third and every subsequent odd game of the set. The players shall also change ends at the end of each set unless the total number of games in that set is even, in which case the players change ends at the end of the first game of the next set.
2. During a tie-break game, players shall change ends after every six points.

VII. BALL IN PLAY:

Unless a fault or a let is called, the ball is in play from the moment the server hits the ball, and remains in play until the point is decided.

VIII. BALL TOUCHES A LINE:

If a ball touches a line, it is regarded as touching the court bounded by that line.

IX. BALL TOUCHES A PERMANENT FIXTURE:

If the ball in play touches a permanent fixture after it has hit the correct court, the player who hit the ball wins the point. If the ball in play touches a permanent fixture before it hits the ground, the player who hit the ball loses the point.

X. ORDER OF SERVICE:

1. At the end of each standard game, the receiver shall become the server and the server shall become the receiver for the next game.
2. In doubles, the team due to serve in the first game of each set shall decide which player shall serve for that game. Similarly, before the second game starts, their opponents shall decide which player shall serve for that game. The partner of the player who served in the first game shall serve in the third game and the partner of the player who served in

the second game shall serve in the fourth game. This rotation shall continue until the end of the set.

XI. ORDER OF RECEIVING IN DOUBLES:

1. The team which is due to receive in the first game of a set shall decide which player shall receive the first point in the game. Similarly, before the second game starts, their opponents shall decide which player shall receive the first point of that game.
2. The player who was the receiver's partner for the first point of the game shall receive the second point and this rotation shall continue until the end of the game and the set.
3. After the receiver has returned the ball, either player in a team can hit the ball.

Case 1: Is one member of a doubles team allowed to play alone against the opponents?

Decision: No.

XII. THE SERVICE:

1. Immediately before starting the service motion, the server shall stand at rest with both feet behind (i.e. further from the net than) the baseline and within the imaginary extensions of the centre mark and the sideline.
2. The server shall then release the ball by hand in any direction and hit the ball with the racket before the ball hits the ground. The service motion is completed at the moment that the player's racket hits or misses the ball. A player who is able to use only one arm may use the racket for the release of the ball.

XIII. SERVING:

1. When serving in a standard game, the server shall stand behind alternate halves of the court, starting from the right half of the court in every game.
2. In a tie-break game, the service shall be served from behind alternate halves of the court, with the first served from the right half of the court.
3. The service shall pass over the net and hit the service court diagonally opposite, before the receiver returns it.

XIV. FOOT FAULT:

1. During the service motion, the server shall not:

- a. Change position by walking or running, although slight movements of the feet are permitted; or
 - b. Touch the baseline or the court with either foot; or
 - c. Touch the area outside the imaginary extension of the sideline with either foot; or
 - d. Touch the imaginary extension of the centre mark with either foot.
2. If the server breaks this rule it is a 'Foot Fault'.

Case 1: *In a singles match, is the server allowed to serve standing behind the part of the baseline between the singles sideline and the doubles sideline?*

Decision: *No.*

Case 2: *Is the server allowed to have one or both feet off the ground?*

Decision: *Yes.*

XV. SERVICE FAULT:

1. The service is a fault if:
 - a. The server breaks Rules 16, 17 or 18; or
 - b. The server misses the ball when trying to hit it; or
 - c. The ball served touches a permanent fixture, singles stick or net post before it hits the ground; or
 - d. The ball served touches the server or server's partner, or anything the server or server's partner is wearing or carrying.

Case 1: *After tossing a ball to serve, the server decides not to hit it and catches it instead. Is this a fault?*

Decision: *No. A player, who tosses the ball and then decides not to hit it, is allowed to catch the ball with the hand or the racket, or to let the ball bounce.*

Case 2: *During a singles match played on a court with net posts and singles sticks, the ball served hits a singles stick and then hits the correct service court. Is this a fault?*

Decision: *Yes.*

XVI. SECOND SERVICE:

If the first service is a fault, the server shall serve again without delay from behind the same half of the court from which that fault was served, unless the service was from the wrong half.

XVII. WHEN TO SERVE & RECEIVE:

1. The server shall not serve until the receiver is ready. However, the receiver shall play to the reasonable pace of the server and shall be ready to receive within a reasonable time of the server being ready.
2. Receiver who attempts to return the service shall be considered as being ready. If it is demonstrated that the receiver is not ready, the service cannot be called a fault

XVIII. THE LET DURING A SERVICE:

1. The service is a let if:
 - a. The ball served touches the net, strap or band, and is otherwise good; or, after touching the net, strap or band, touches the receiver or the receiver's partner or anything they wear or carry before hitting the ground; or
 - b. The ball is served when the receiver is not ready.
2. In the case of a service let, that particular service shall not count, and the server shall serve again, but a service let does not cancel a previous fault.

XIX. THE LET:

1. In all cases when a let is called, except when a service let is called on a second service, the whole point shall be replayed.

Case 1: When the ball is in play, another ball rolls onto court. A let is called. The server had previously served a fault. Is the server now entitled to a first service or second service?

Decision: First service. The whole point must be replayed.

XX. PLAYER LOSES POINT:

1. The point is lost if:
 - a. The player serves two consecutive faults; or
 - b. The player does not return the ball in play before it bounces twice consecutively; or

- c. The player returns the ball in play so that it hits the ground, or before it bounces, an object, outside the correct court; or
- d. The player returns the ball in play so that, before it bounces, it hits a permanent fixture; or
- e. The receiver returns the service before it bounces; or
- f. The player deliberately carries or catches the ball in play on the racket or deliberately touches it with the racket more than once; or
- g. The player or the racket, whether in the player's hand or not, or anything which the player is wearing or carrying touches the net, net posts/singles sticks, cord or metal cable, strap or band, or the opponent's court at any time while the ball is in play; or
- h. The player hits the ball before it has passed the net; or
- i. The ball in play touches the player or anything that the player is wearing or carrying, except the racket; or
- j. The ball in play touches the racket when the player is not holding it; or
- k. The player deliberately and materially changes the shape of the racket when the ball is in play; or
- l. In doubles, both players touch the ball when returning it.

Case 1: After the server has served a first service, the racket falls out of the server's hand and touches the net before the ball has bounced. Is this a service fault, or does the server lose the point?

Decision: The server loses the point because the racket touches the net while the ball is in play.

Case 2: After the server has served a first service, the racket falls out of the server's hand and touches the net after the ball has bounced outside the correct service court. Is this a service fault, or does the server lose the point?

Decision: This is a service fault because when the racket touched the net the ball was no longer in play.

Case 3: In a doubles match, the receiver's partner touches the net before the ball that has been served touches the ground outside the correct service court. What is the correct decision?

Decision: *The receiving team loses the point because the receiver's partner touched the net while the ball was in play.*

Case 4: *Does a player lose the point if an imaginary line in the extension of the net is crossed before or after hitting the ball?*

Decision: *The player does not lose the point in either case provided the player does not touch the opponent's court.*

Case 5: *Is a player allowed to jump over the net into the opponent's court while the ball is in play?*

Decision: *No. The player loses the point.*

Case 6: *A player throws the racket at the ball in play. Both the racket and the ball land in the court on the opponent's side of the net and the opponent(s) is unable to reach the ball. Which player wins the point?*

Decision: *The player who threw the racket at the ball loses the point.*

Case 7: *A ball that has just been served hits the receiver or in doubles the receiver's partner before it touches the ground. Which player wins the point?*

Decision: *The server wins the point, unless it is a service let.*

Case 8: *A player standing outside the court hits the ball or catches it before it bounces and claims the point because the ball was definitely going out of the correct court.*

Decision: *The player loses the point, unless it is a good return, in which case the point continues.*

XXI. A GOOD RETURN:

1. It is a good return if:
 - a. The ball touches the net, net posts/singles sticks, cord or metal cable, strap or band, provided that it passes over any of them and hits the ground within the correct court; except as provided in Rule 2 and 24 (d); or
 - b. After the ball in play has hit the ground within the correct court and has spun or been blown back over the net, the player reaches over the net and plays the ball into the correct court, provided that the player does not break Rule 24; or
 - c. The ball is returned outside the net posts, either above or below the level of the top of the net, even though it touches the net posts, provided that it hits the ground in the correct court; except as provided in Rules 2 and 24 (d); or

- d. The ball passes under the net cord between the singles stick and the adjacent net post without touching either net, net cord or net post and hits the ground in the correct court, or
- e. The player's racket passes over the net after hitting the ball on the player's own side of the net and the ball hits the ground in the correct court; or
- f. The player hits the ball in play, which hits another ball lying in the correct court.

Case 1: A player returns a ball which then hits a singles stick and hits the ground in the correct court. Is this a good return?

Decision: Yes. However, if the ball is served and hits the singles stick, it is a service fault.

Case 2: A ball in play hits another ball which is lying in the correct court. What is the correct decision?

Decision: Play continues. However, if it is not clear that the actual ball in play has been returned, a let should be called.

XXII. HINDRANCE:

1. If a player is hindered in playing the point by a deliberate act of the opponent(s), the player shall win the point.
2. However, the point shall be replayed if a player is hindered in playing the point by either an unintentional act of the opponent(s), or something outside the player's own control (not including a permanent fixture).

Case 1: Is an unintentional double hit a hindrance?

Decision: No. See also Rule 24 (f).

Case 2: A player claims to have stopped play because the player thought that the opponent(s) was being hindered. Is this a hindrance?

Decision: No, the player loses the point.

Case 3: A ball in play hits a bird flying over the court. Is this a hindrance?

Decision: Yes, the point shall be replayed.

Case 4: During a point, a ball or other object that was lying on the player's side of the net when the point started hinders the player. Is this a hindrance?

Decision: No.

Case 5: In doubles, where are the server's partner and receiver's partner allowed to stand?

Decision: The server's partner and the receiver's partner may take any position on their own side of the net, inside or outside the court. However, if a player is creating a hindrance to the opponent(s), the hindrance rule should be used.

THROW BALL

I. GENERAL RULES:

1. Each team shall consist of 7 active players and a maximum of 5 substitutes.
2. The match will be played for a best of 3 sets for 25 points in each set with rally score.
3. The winning team of every game will advance to the next round, the losing team stands knocked out. This format shall continue till the finals.
4. The players should be in proper sports gear.

II. SERVICE:

1. The service ball should not touch the net.
2. Double touch is not allowed for the service ball.
3. The ball should be served after the whistle & within 5 seconds.
4. The Ball can be served only from the service- zone & without crossing the end line.

III. DURING THE PLAY:

1. Any ball to be released should be released from above the shoulder/shoulder-line only.
2. The ball has to be caught with **both** the hands and returned in **one** hand only.
3. Any ball, after catching (during rally), should be released within 3 seconds.
4. During the rally, the ball can touch the net.
5. Body touch is *not* allowed-During catching or releasing the ball should not touch any part of the body except the palm.
6. Two players *cannot* catch the ball simultaneously.
7. Any ball falling on the box line or in the dead zone is a foul.
8. Any ball (service/rally) falling on the side-line or the end-line is a good ball.
9. The players should stay in 2-3-2 position at the time of service.
10. Shifting the ball from right to left or left to right is *not* permitted.

11. 5 substitutions are allowed for each set.

VOLLEYBALL

I. GENERAL RULES:

1. Team must consist of neither more than 12 players nor less than 6 players.
2. Team list must be submitted before the match starts.
3. No player would be allowed to play apart from the players mentioned in the Team list.
4. All the matches would be played “without rotation”.
5. Rest of the rules regarding service, faults etc. would be clarified before the match starts.
6. All the teams must seek the clarifications before the match starts.
7. Referee’s decision would be the final.
8. In the case of any ambiguity the organizing committee would consult with the referee’s and no other team would be allowed to do so and the referee’s clarifications would be binding.
9. No further arguments would be entertained and that would be considered as a part of misconduct.
10. Referees might give decision against a team on the grounds of misconduct.

