

SPREE'20



WHERE CARNAGE MEETS ELYSIUM

26-30 March

BITS Pilani K K Birla Goa Campus

GENERAL INSTRUCTIONS

- **Players must not exceed the age of 25 years, with the exception of BITS alumni teams.**
- **The exchange or interchange of players between teams is strictly prohibited.**
- **Each team is required to present a college photo ID, a government-issued photo ID (such as a PAN card or Aadhar card), and a bonafide certificate from the college for every player on the team.**
- **Violations of the aforementioned rules may result in serious consequences, and the decision of the organizing committee will be considered final.**
- **In the event of any disputes or ties during the sporting events, the decisions made by the referees and the organizing committee will be deemed final.**

RULES AND REGULATIONS

Rules for Drugs /Alcohol

- Drinking and smoking or possession of alcohol or any other prohibited substance is not permitted inside the campus.
- Please refrain from bringing liquor or any other prohibited substance to the hostels.
- If a doctor has prescribed any medication, then carry a copy of the prescription when taking medicines.
- Severe disciplinary action will be taken, and fines will be imposed against offenders and students who violate the above-mentioned rules or cause any damage to the college property.

DECISION-MAKING COMMITTEE

- A designated committee has been established to investigate any instances of malpractice both on and off the field.
- Any team encountering issues related to malpractice, such as age limit violations or unsatisfactory decisions regarding sporting events, must report these concerns to the Decision-Making Committee.
- Teams may submit objections within 30 minutes before or after the commencement of the match.
- Only team representatives or captains are authorized to file objections.

COMPLAINT PROCEDURE

- **Step 1:** A deposit of Rs. 800 must be paid to obtain the form and register a complaint.
- **Step 2:** A form will be provided to the team submitting a complaint or raising a concern. The form should be completed by the team representative and submitted to the committee. Both the team representative and the committee should retain a copy of the form.
- **Step 3:** The committee will review the matter and take appropriate action. If the complaint is deemed valid, the committee will implement strict measures against the concerned team, and the deposit will be refunded. Conversely, if the complaint lacks merit, the deposit will be retained by the committee.

FOOTBALL

GENERAL RULES

- The game will be conducted according to the standard rules established by FIFA. Each team is required to arrive at least 20 minutes prior to the scheduled kickoff.
- A walkover will be awarded to a team if their opponents fail to arrive within 15 minutes of the designated start time.
- If all teams in a pool accumulate the same number of points, the rankings will be determined by goal difference. Should ties persist, the following criteria will be applied in order of priority: Goals Scored, Fewer Goals Conceded, Greater Number of Points in Head-to-Head Matches, and Number of Red and Yellow Cards.
- The penalty points system for cards is as follows: -1 point for a yellow card, -3 points for an indirect red card, and -4 points for a direct red card. If penalty points from cards are equal, a playoff match will be conducted.
- In the event of a draw in the semifinals or finals, the winner will be determined by a penalty shootout, with no extra time played. Each team is permitted a maximum of five substitutions per match. A player receiving a red card or accumulating two yellow cards in a match will be suspended for both the current and the subsequent match.

FOOTBALL GENERAL RULES

- A player who picks up yellow cards in two different matches will be automatically suspended for the next match.
- Yellow cards are wiped clean before the semi-final. A player can only be suspended for the final if they are sent off in the semi-final.

The distribution of points during the group stage will be as follows:

- Win: 3 points
- Draw: 1 point
- Loss: 0 points

****RULES & SCHEDULE ARE SUBJECT TO CHANGE IN THE
SPIRIT OF THE GAME & FESTIVAL AND THE FINAL
DECISION RESTS WITH THE SPREE ORGANIZING TEAM****

FOOTBALL

MENS

- **Group Stage** – 50 minutes game (25 minutes half)
- **Quarter Finals (if required)** – 60 min game(30 minutes half)
- **Semi-Finals & Finals** – 90 minutes game (45 minutes half)
- **The top team from each pool will qualify.**
- **Maximum number of players allowed per team is 18. A minimum of 13 should register to participate.**
- **There should be a minimum of 7 players to start the match, or for the match to continue. (if a team gets more than 4 red cards during a match, the opposing team will be declared as the winner)**

FOOTBALL

WOMENS

- **7 v 7 game**
- **Rolling Substitutions are allowed.**
- **40 minutes game (20 minutes half)**
- **The top team from each pool will qualify.**
- **Maximum number of players allowed per team is 12. A minimum of 7 should register to participate.**
- **There should be a minimum of 5 players to start the match, or for the match to continue. (If a team gets more than 2 red cards during a match, the opposing team will be declared winner).**
- **No player should wear anything on his/her hand and nails have to be trimmed, so that players are not injured during the game.**

CRICKET GENERAL RULES

- All game rules will adhere to the latest ICC T20 regulations.
- Teams are required to arrive at the venue 15 minutes prior to the scheduled start time.
- Any interchange of players between the two teams will incur serious consequences; in such cases, the organizing team's decision will be final.
- Walkovers will be awarded to a team if the opposing team fails to arrive within 15 minutes of the scheduled start time.
- Each team must provide their own kits and is responsible for their maintenance.
- Only the captain of the bowling team and the batsmen of the batting team are permitted to discuss any disputes or discrepancies with the umpires during the match.
- A required over rate of one over every four minutes must be maintained. A slow over rate will result in the fielding team having only four players outside the 30-yard circle for the remaining overs instead of five.
- The age limit for participants is set at 25 years.
- Neon bibs are mandatory for players on the bench.

CRICKET FORMAT

- The tournament will follow a group stage format, awarding 2 points for a win and 0 points for a loss.
- The top teams from each group will advance to the next round.
- In the event of tied points within a group, the team with the higher Net Run Rate (NRR) will progress.
- Group stage matches will consist of 15 overs each.
- Semi-finals will also comprise 15 overs.
- The final match will be played over 20 overs.
- Powerplay overs will be structured as follows: 5 overs for all matches leading up to the finals, and 6 overs specifically for the final.
- In the event of heavy rain, the decisions made by the umpires will be deemed final.
- If a match ends in a tie between two teams, the outcome will be determined by a super over.
- A white ball will be utilized for all matches.
- The number of overs may be adjusted based on the total number of participating teams.
- A maximum of 16 players is permitted per team, with a minimum requirement of 13 players.
- Note: The tournament format is subject to change based on the number of teams that register. In the case of any disputes, the final decision will rest with the organizing committee.

BASKETBALL

GENERAL RULES

- The game will adhere to the standard rules established by FIBA.
- Any interchange of players between the two teams will result in serious consequences, and in such cases, the decision of the organizing team will be deemed final.
- Teams are required to report to the basketball court 15 minutes prior to the scheduled start time.
- A walkover will be awarded to a team if their opponents fail to arrive at the court within 15 minutes of the scheduled time.
- Each team is permitted a maximum of 12 players.
- Teams are allowed two timeouts in the first half, three in the second half, and one during each overtime period.
- Unused timeouts may not be carried over to the next half or overtime. Each timeout lasts for 60 seconds.
- All players on a team must wear jerseys of the same color, each featuring printed numbers. It is advisable to have an alternate jersey of a different color available in case the opposing team has a similar color.
- The use of abusive language during play may result in technical fouls or expulsion, depending on the judgment of the referee and the organizing team.

BASKETBALL GENERAL RULES

- Players are prohibited from wearing any accessories on their hands or necks, including wristwatches, necklaces, rings, "Kadas," bracelets, etc. Additionally, all nails must be trimmed to prevent injuries during the game.
- The age limit for participants is set at 25 years.

**The decisions made by the organizing committee
shall be considered final in all respects.**

BASKETBALL

FORMAT

- The time format will utilize a stop-and-go method; the timer will pause when the ball goes out of play.
- For boys' matches, there will be four quarters, each lasting 10 minutes (unless otherwise specified). In the event of a draw, a 5-minute overtime period will be played.
- For girls' matches, there will also be four quarters, with each quarter lasting 7 minutes (unless otherwise specified). If the match results in a tie, a 4-minute overtime period will be played.

VOLLEYBALL

GENERAL RULES

- The regulations established by FIVB in 2013 will be applicable.
- Interchanging players between the two teams will result in serious consequences, and the decision of the organizing committee will be final in such cases.
- Teams are required to report to the volleyball court 15 minutes prior to the scheduled start time; failure to do so may result in a victory being awarded to the opposing team.
- All players on a team must wear jerseys of the same color, each displaying printed numbers. It is advisable to have an alternate jersey of a different color available in the event that the opposing team wears the same color.
- The libero must wear a jersey that contrasts with their team's colors.
- The use of abusive language during play may result in technical fouls or expulsion, depending on the judgment of the referee and the organizing committee.
- The age limit for participants is set at 25 years.

VOLLEYBALL

FORMAT

- Matches will consist of three sets, with each set totaling 25 points, except for the final set, which will be played to 15 points unless otherwise specified.
- Both the semi-finals and finals will adopt a best-of-five format, featuring sets of 25 points, with the final set also played to 15 points unless otherwise indicated.
- Teams may have a maximum of 12 players and a minimum of 7 players.

The decision of the organizing committee shall be final in all regards.

TENNIS

GENERAL RULES

- Matches will be conducted as per international rules.
- Teams must arrive at the court 20 minutes before the scheduled start time.
- Walkover will be given to a team if the opposition is not able to reach the court within 15 minutes of the scheduled time.
- The Event Manager has the power to make some last-minute changes if deemed necessary.
- Use of abusive language during the play can lead to technical fouls or expulsion depending on the referee and the organization team.
- Every team is required to assign a point of contact with the organizing committee who should be reachable by the organizing committee at all times. This is to avoid ambiguity regarding match timings.

TENNIS FORMAT

- The Davis Cup format is followed with slight changes (three matches at max).
- There are 2 single rubbers and 1 double rubber. The double acts as the deciding rubber.
- The team to win 2 matches wins the round.
- There will be a best of 15 matches until the semi-finals after which best of 3 settlers.

PARTICIPATION

- Maximum of 1 team per college.
- BITS Goa can have a maximum of 2 teams, Team A & B.
- Each team must consist of a minimum of 2 and a maximum of 4 players.

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RESTS WITH THE SPREE ORGANIZING COMMITTEE****

BADMINTON

GENERAL RULES

- The age limit for players is set at 25 years.
- Interchanging players between any two teams is prohibited and will lead to disqualification.
- Players must arrive at the court at least 20 minutes prior to their scheduled match time.
- A walkover will be awarded to a team if their opponent fails to arrive within 15 minutes of the scheduled start time.
- All players are required to wear appropriate badminton attire, including shorts and T-shirts.
- Clean, non-marking shoes are mandatory and must be donned only upon arrival at the court.
- The use of abusive language, inappropriate gestures, or violence will result in severe penalties.
- All regulations not explicitly mentioned will adhere to the rules established by the Badminton World Federation.

BADMINTON

MATCH RULES

- There are three event categories: Men's Team, Women's Team, and Individual Mixed Doubles.
- Each men's team must comprise a minimum of four and a maximum of seven players, while each women's team should consist of a minimum of two and a maximum of four players.
- In team events, each player is permitted to participate in a maximum of two matches, specifically one singles match and one doubles match.
- For the Individual Mixed Doubles tournament, a team must consist of one man and one woman, and substitutions are not permitted in the event of an injury.
- A player participating in either the men's or women's team event may also compete in the Individual Mixed Doubles.
- The Mixed Doubles tournament will employ a knockout format, and each participant may play as part of only one duo in this event; a single player cannot be affiliated with two different teams.

BADMINTON

- For Team Events, each Clash (between teams) will have 5 matches for Men and 3 matches for Women. The order of matches is as follows –
- MEN – 1st Singles, 2nd Singles, 1st Doubles, 3rd Singles, 2nd Doubles.
- WOMEN – 1st Singles, 1st Doubles, 2nd Singles.
- For Individual matches, each match will have three games of 21 points each, with extensions up to 25.
- Teams must submit a tie sheet before the start of their match clearly specifying the players for each match in the given order. Once submitted, no changes to the tie sheet will be allowed under any circumstances, and it will be strictly followed.
- For the Individual Mixed Doubles Event, each match will be best-of-3 games, with each game up to 21 points (extension allowed to 25 if tied at 20). Matches will be in knockout format throughout.
- All matches will be played with feather shuttlecocks. Tampering with the shuttle to affect its flight or speed will result in disciplinary action.

The decision of the organizing committee shall be final and binding in all regards.

KABADDI

GENERAL RULES

- All the rules will be followed according to the International Kabaddi Federation.
- Interchange of players between the two teams will lead to serious consequences and in that case, the decision of the organizing team will be final.
- Teams must arrive at the court 20 minutes before the game.
- Walkovers will be given to the team if the opponent does not arrive on the court within 15 minutes.
- All teams must have a proper kit for playing on the Mat court.
- The maximum weight limit is 85 kilograms.
- The game will be played on the Mat court of the usual senior men's size.
- Bonus points, super tackle, and All-out points are also applicable.
- The age limit is 25.

KABADDI FORMAT

- The game will be played in sets of two of 20 minutes each incorporating a minimum of 40 raids with a 5-minute break in between.
- In case of a draw in pools, both teams will be awarded 1 point. No extra time will be played in group stages.
- In knockout rounds, an overtime of two 5-minute halves. If the match still ends in a draw, one golden raid on toss win will take place.
- Teams will be divided into pools and the top team from each pool will qualify.
- Maximum 2 teams per college.
- Each team should have a minimum of seven players to compete.
- Maximum of 12 players are allowed per team.

The decision of the organizing committee shall be final in all regards.

TABLE TENNIS

GENERAL RULES

- Matches will be conducted as per standard ITTF rules and regulations.
- Interchange of players between the two teams will lead to disqualification and the decision of the organizing team will be final.
- Use of abusive language during the play can lead to technical fouls or expulsion depending on the referee and the organising team.
- Teams must arrive in the TT room 20 minutes before the scheduled start time.
- Walkovers will be given to a team if the opposing team is not able to reach the venue within 15 minutes of the scheduled time.
- The age limit is 25.

TABLE TENNIS FORMAT

The order in which the matches will be held is as follows:

- Boys & Girls: Every match in the team event stage will be best of 5 games with 11 points in every game. The team that wins 3 out of 5 matches will be declared the winner. Every match in the finals of the team event will be best of 7 with 11 points in each game.
- Singles Matches of the individual event will be on best of 5 until the finals. The finals will be a best of 7 match with 11 points in each game.
- The Single's Tournament will be purely based on knockout format.
- Maximum of 2 players from a team are allowed to participate in Single's event. For BITS campuses 4 players from a team are allowed to participate in Single's event.
- Each team must consist of a minimum of 4 and a maximum of 5 players
- Team Matches (boys and girls) will be held in order mentioned below

A vs X

B vs Y

CD vs WZ

A vs Y

B vs X

CARROM

GENERAL RULES

- The participants will be made familiar with the rules before the start of the tournament by the referee.
- Interchange of players between the two teams will lead to serious consequences and in that case the decision of the organizing team will be final.
- Any hand may be used in play. Participants can change hands during the game.
- No discussion is allowed between participants in a doubles game.
- Use of Thumb/Back-Shot is allowed.
- The striker shall be brought by the player and certified by the Chief Referee before play.
- Teams must arrive in the carrom room 15 minutes before the scheduled start time a win to the opponent will be offered if failed to do so.

CARROM

GENERAL RULES

- Standard Carrom rules will be adhered to.
- The age limit for participants is set at 25 years.
- The competition format will consist of three singles matches followed by two doubles matches.

Equipment regulations include:

- A standard carrom board, along with a stand, chair, and lighting, will be provided.
- Standard carrom pieces and powder will also be supplied.
- Participants are required to bring their own strikers.

CARROM FORMAT

- A game shall be of 25 points or eight boards. The player/team that reaches 25 points first or leads at the conclusion of the eighth board shall be the winner of the game.
- Best of three will be considered out of five with two singles and one doubles match played between any two teams.

PARTICIPATION

- Maximum of 2 teams per college.
- Each team must consist of a minimum of 4 and a maximum of 5 players.
- An individual can participate in not more than one singles and one doubles match.

The decision of the organizing committee shall be final in all regards.

CHESS

GENERAL RULES

- Standard FIDE Touch and Move rules are applicable.
- Interchange of players between the two teams will lead to serious consequences; in that case, the decision of the organizing team will be final.
- For a complete set of rules, please read the FIDE International Rulebook.
- The boards and clocks will be provided at the tournament hall for the event.
- Teams must arrive at the venue within 15 minutes of the scheduled start time, a win to the opponent will be offered if failed to do so.
- The age limit is 25.
- The general board order should not be violated. The player will be awarded a loss if the board order is violated.
- In the case of a substitution of a player, a substitute player may be substituted to play only on the last board, with the other players moving up one board as applicable according to the fixed order of alignment for the team as given by the captain before the start of the tournament.

CHESS FORMAT

- The tournament will be played in the Swiss League Format.
- It is a Team Vs. Team event, with each round
- consisting of matches between the two teams.
- Each match will be a best of four between two teams, with four players of one team playing against four players of the other.
- Each player gets 1 point for a win, $\frac{1}{2}$ point for a draw, and 0 points for a loss.
- The total points of all the players will be added after the round to get the team's total points.
- The team with the greater number of total points will be declared the winner in that round and be given 2 points; the losing team will get 0 points.
- In case of a tie, 1 point each will be given to both teams.
- In case of a tie between the final standings of the two teams, an Armageddon match will be played between the top players from each team to decide the winner.
- Arbiter will decide time control for the Armageddon match
- Time Control: 60 minutes + 30 seconds Increment (Maybe changed by the arbiter before the event starts).

CHESS

BLITZ FORMAT

- The tournament will be played in the Swiss League Format.
- It is an individual event.
- Maximum of 8 players per college.
- Each player gets 1 point for a win, $\frac{1}{2}$ point for a draw, and 0 points for a loss.
- In case of a tie between the final standings of the two players, the head-to-head match between the two players will be considered
- In case the head-to-head encounter was a draw as well, an Armageddon match will be played between the two players to decide the winner.
- Arbiter will decide on time control for the Armageddon match.
- Time Control: 3 minutes + 2 seconds Increment (Maybe changed by the arbiter before the event starts).

PARTICIPATION

- Maximum of 2 teams per college. (Team A and Team B).
- Each team must consist of a minimum of 4 and a maximum of 5 players

The decision of the organizing committee shall be final in all regards.

SNOOKER

GENERAL RULES

- WPBSA rules will be followed for all the matches. Any discrepancies observed in the game play will be penalized according to the rules.
- Interchange of players between the two teams will lead to serious consequences and in that case, the decision of the organizing team will be final.
- Teams must arrive 20 minutes before the scheduled start time.
- Walkovers will be given to a team if the opposing team is not able to reach the ground within 15 minutes of the scheduled time.
- Use of abusive foul language during the play can lead to technical fouls or expulsion depending on the organization team.
- The age limit is 25.

The decision of the organizing committee shall be final in all regards.

SNOOKER FORMAT

- The tournament will be a team event.
- The pattern of the tournament (knockouts/grp stages) will be decided based on the number of entries.
- The format of the matches will be best of 5 (10 ball) frames till the semi-final round/ group stages. The semis will be best of 5 (15 balls) frames and the finals will be best of 7 games.
- In the best-of-5 format, teams earn points as follows: 3 points for a 3-0 win, 2 points for a 3-1 win, and 1 point for a 3-2 win.
- Points will be considered if the number of matches won is equal.
- Maximum 2 teams per college are allowed.
- Each team must have a minimum of 3 players and cannot have more than 5 players.
- A player cannot play 2 consecutive frames in a match.
- A player can play at most 2 frames in a single match.
- Every team captain will have to submit a tie sheet before the match which will specify the team's order of play.

SQUASH

GENERAL RULES

- This a team and individual event.
- Interchange of players between the two teams will lead to serious consequences and in that case the decision of the organizing team will be final.
- All games will be played by Dunlop Pro Double Dot Ball, the official ball for PSA.
- Immediately preceding the start of play, a period not exceeding five minutes shall be allowed on court for the purpose of warming-up.
- Teams must arrive at the court 20 minutes before the scheduled start time.
- Walkovers will be given to a team if the opposing team is not able to reach the court within 15 minutes of the scheduled time.
- Players must wear shoes with non-marking soles and the use of approved eye protection is mandatory.
- Breaks in between games will be 1 min for the group stage and 2 min for the knockout stages in the team event, 1 min for all matches up to and including pre-quarterfinals and 2 mins for all matches from quarterfinals onwards in the individual event.

SQUASH

GENERAL RULES

- If the score in a game is tied at 10-10, a player must win by two clear points.
- In the event of disputes, the decision of the referee is final and binding.
- The age limit is 25.
- All the calls and decisions made by the referee on the court will be final and binding.
- The organizers will have the power to change the format in case of any unforeseen scenarios.

The decision of the organizing committee shall be final in all regards.

TEAM EVENT RULES

- WSF rules will be followed.
- Each team must consist of a Minimum of 3 players & Maximum of 5 players.
- Each team will play a match with the teams of their respective groups (league format).
- The captain must submit the seeding before the tournament, which will be followed throughout the tournament.

SQUASH

- Each team member will play a best of three (3) match with the corresponding opponent from the other team in the league stages and a best of five (5) games in the knockout (semi-final and final) stages.
- Each game will be of 11 points.
- Even if the first two matches are won by one team, the third match will still be conducted (only in the group stage).

INDIVIDUAL EVENT RULES

- Every game will be a knockout game.
- The draw of matches will be released based on the number of participants.
- All matches, including the pre-quarterfinals, will be the best of three games.
- All matches from the quarterfinal onwards will be the best of five games.
- Each game will be of 11 points.

The decision of the organizing committee shall be final in all regards.

POWERLIFTING

GENERAL RULES

- Athletes in the sport are divided in three weight classes and placing is based on the total weight lifted on the three main lifts:
 - 1)Bench Press
 - 2)Squat
 - 3)Deadlift
- Interchange of players between the two teams is not allowed.
- A good lift is signaled by indicating a white flag, and an illegal one by a red flag.
- The lifter with the highest combined weight lifter becomes the winner. If two or more lifters achieve the same total, the lighter lifter ranks above the heavier lifter.
- The weight of an athlete's first lift determines their place in the starting order. If they choose to go for a lightweight, they will go earlier in the order.
- Weighing of players will start 2 hours from the competition.
- During the weigh-in, the player must mention his first lift for squat, bench press, and deadlift to the referee.
- Players must come with proper kit during the competition. Use of knee straps, elbow sleeves, and wraps aren't allowed. Competitors are also not allowed to lift in socks , either barefoot or shoes will be allowed.
- For bench and squat metal Olympic plates should be used but for dead lift the rubber compound plates are allowed. This is up to the discretion of the Referee and the Organizing Committee.

POWERLIFTING

- In case of any controversy during competition and weighing, the judge's decision will be considered as the final decision.
- The age limit is 25.

WEIGHT CATEGORIES

Boys:

- <63 kg
- 63–68 kg
- 68–74 kg
- 74–83 kg
- 83–93 kg
- 93+ kg

Girls:

- <46 kg
- 46–56 kg
- 56–66 kg
- 66–76 kg
- 76+ kg

- The Weight categories subject to change depending on number of participants.
- Each competitor is allowed three attempts on each lift. The lifter's best valid attempt on each lift counts toward his competition total.

FRISBEE GENERAL RULES

- The rules for the Ultimate Frisbee tournament at SPREE '24 would majorly adhere to the rules given by WFDF. Link:
<https://rules.wfdf.org/>
- Some of the more important rules are as follows:
- 65 minute game, game to 13 points. A 5 minute half if either team reaches 7 points, else halftime at 30 minutes. When 65 mins are up, the ongoing point is completed and the game ends. 70 minutes is hard stop and the game immediately stops.
- In case a Hard stop is called during a knockout match and scores are level, A five-minute overtime period is played, followed by a three-minute sudden-death period if the game is still tied.
- In case of a league match, if the score ends in a tie at Hard stop, it would result in a draw.
- Teams have 1 time out of 60 sec, per half. The game clock only stops if there are injury stoppages, half time, and timeouts.
- The Pull has to be taken within 90 seconds of scoring a point. If the defense causes a delay, the offense can start from the brick mark. If a further 30s are taken the offense can start from half-line. Another 30 seconds delay means they can start from the brick mark on the defensive side. If offense causes the delay, they start at the back line of their endzone.

FRISBEE GENERAL RULES

- The game format would begin with league matches where teams would be divided into two groups. Top two teams from each group would qualify for knockouts. This is subject to change depending on how many teams register. Point distribution would follow the format– Win: 2pts Draw: 1pt Loss: 0
- Upper age limit for team players is 26.
- This is a mixed gender event. Each team must have a minimum of 12 players and a maximum of 18 players with 7 playing on field. No restriction on roster ratio.
- There must be at least a ratio of 2:5 on the field, with a better ratio played if the playing captains agree.
- Playing 4:3 ratio alternating between 4 men and 4 women is encouraged.
- The stall count for the marker who is marking the thrower will be 10 seconds.
- The teams should adhere to the spirit of the game and avoid any intentional contact on the field. All foul calls should be resolved within 30 seconds on field.