

Sepaktakraw – Technical Guidelines and Standard Operating Procedures (SOPs)

Name of the Game: Sepaktakraw

1. Technical Guidelines

1.1 Rules of Play

Sepaktakraw is played between two teams (Regu), each consisting of three (3) players:

- **Tekong (Server)**
- **Inside Player (Feeder)**
- **Inside Player (Striker)**

The objective of the game is to send the ball over the net into the opponent's court using **feet, head, chest, shoulders, and thighs only**. The use of **hands or arms is strictly prohibited**.

Key rules:

- Each team is allowed a maximum of **three (3) touches** to return the ball over the net.
 - The ball must **not touch the ground** within a team's own court during play.
 - Players must remain within their court boundaries during rallies, except where follow-through is permitted under the rules.
 - Rotation of serving positions occurs when the **serving Regu wins a point**.
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1.2 Match Duration and Scoring System

- A point is awarded to the opponent whenever either the serving or receiving Regu commits a fault.
- Each set is won by the Regu that scores **fifteen (15) points**.
- If the score reaches **14–14**, the set continues until one side reaches **seventeen (17) points**. In this situation, the Referee shall announce:

"Setting up to seventeen (17) points."

- Matches are played in a **best-of-three (3) sets** format.
 - There shall be a **two (2) minute break** between sets.
 - Sets are referred to as the **first, second, and third sets**.
 - The Regu that wins **two (2) sets** first shall be declared the **winner of the match**.
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1.3 Umpiring Procedures and System

The officiating team typically consists of:

- **One (1) Referee** – Overall control of the match
- **One (1) Umpire** – On-court authority
- **One (1) Assistant Umpire** – On-court support
- **Two (2) Line Judges** (or more, depending on competition level)

Key responsibilities:

- The Umpire controls match flow, enforces rules, and makes final decisions on faults.
 - Line Judges rule on in/out calls, foot faults, and boundary violations.
 - Decisions are communicated using standardized hand signals and verbal calls.
 - Any protests or appeals must follow the procedures outlined by the relevant governing federation.
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2. Standard Operating Procedures (SOPs)

2.1 Safety Measures

- Ensure the court surface is **dry, clean, and non-slippery** before play.
 - All equipment, including the **net, posts, and ball**, must meet approved standards.
 - Players must wear appropriate **sports attire and footwear** suitable for indoor or outdoor play.
 - Jewelry, watches, or sharp accessories are **not permitted** during play.
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2.2 Warm-up and Cool-down Protocols

Warm-up (10–15 minutes):

- Light jogging or skipping
- Dynamic stretching focusing on:
 - Hips
 - Hamstrings
 - Quadriceps
 - Calves
 - Lower back
- Sport-specific drills such as controlled kicks and ball touches

Cool-down (10 minutes):

- Slow jogging or walking
 - Static stretching of major muscle groups
 - Breathing and relaxation exercises to aid recovery
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2.3 Injury Management and First Aid

- A qualified **first aid officer or physiotherapist** must be present during matches.
 - Immediate assessment is required for any injury.
 - The **RICE protocol** (Rest, Ice, Compression, Elevation) should be applied for soft-tissue injuries where appropriate.
 - Players with suspected **fractures, concussions, or severe injuries** must not continue play and should be referred for medical evaluation.
 - An **incident report** must be completed for all significant injuries.
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2.4 Technical Officials' Roles and Responsibilities

Referee:

- Oversees the entire competition
- Assigns officials
- Resolves disputes

Umpire:

- Conducts the match
- Enforces rules
- Ensures fair play

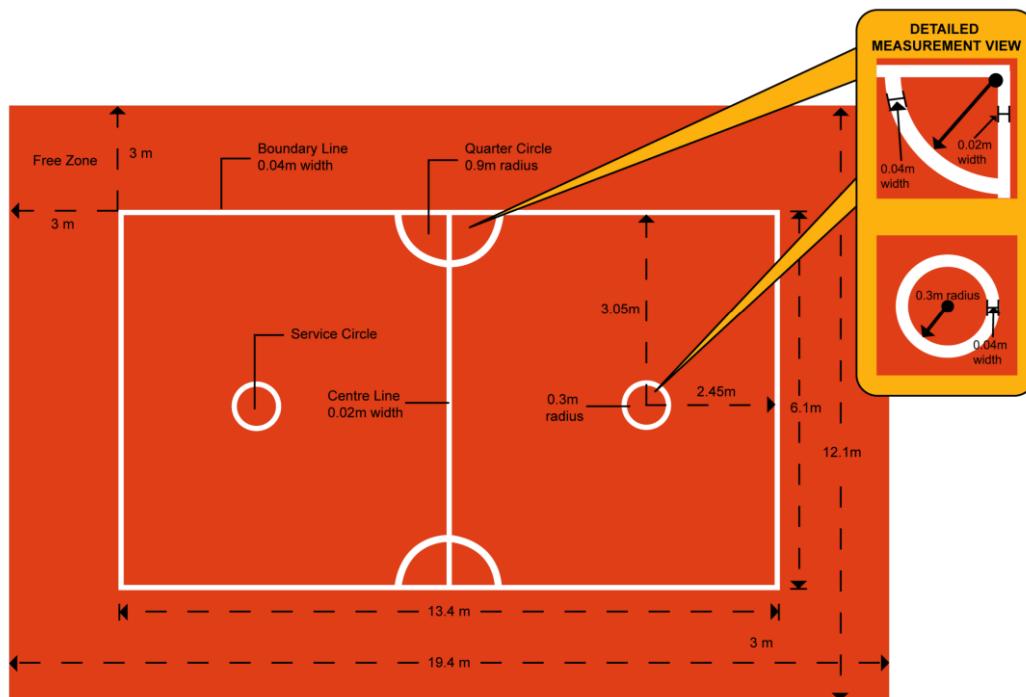
Assistant Umpire:

- Records points, sets, substitutions, and time-outs accurately

Line Judges:

- Assist the umpire by judging boundary lines and specific faults
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3. Playfield / Court Dimensions



3.1 Length and Width

Standard court dimensions:

- Length: **13.4 meters**
- Width: **6.1 meters**

Additional specifications:

- The court area must be free from all obstacles up to a height of **8 meters**, measured from the floor surface.
- The width of the boundary lines shall not exceed **0.04 meters**, measured and drawn inward from the edge of the court.

Centre Line:

- A **0.02 meter wide** centre line shall be drawn at the center of the court, dividing it equally into left and right sides.

Quarter Circle:

- At both ends of the centre line, quarter circles shall be drawn from the sidelines with a radius of **0.9 meters**.

Service Circle:

- Radius: **0.3 meters**
- Centre of the service circle:
 - **2.45 meters** from the back line
 - **3.05 meters** from the sidelines
- Line width of the service circle: **0.04 meters**

Free Zone:

- A clear area of **3.0 meters** must be maintained from all sidelines and baselines, free of any obstructions
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3.2 Posts and Net Specifications

Posts:

- Height from floor:
 - Men: **1.55 meters**
 - Women: **1.45 meters**
- Posts must be made of strong materials, stand firmly, and maintain high net tension.
- Maximum post radius: **0.04 meters**.
- Posts shall be erected **0.3 meters outside the sidelines** and aligned with the centre line.

Net:

- Made of fine nylon cord with a mesh size of **0.06 to 0.08 meters**.
- Net dimensions:
 - Width: **0.7 meters**
 - Length: **Not less than 6.1 meters**
- Two vertical side bands of **0.05 meters** width shall be fastened above each sideline and are considered part of the net.

- The net shall be edged with **0.05 meters wide tape** at the top and bottom and supported by a fine cable running through the tape.

Net height:

- At the centre of the court:
 - Men: **1.52 meters**
 - Women: **1.42 meters**
- At the posts:
 - Men: **1.55 meters**
 - Women: **1.45 meters**

Note: The Sepaktakraw court size is identical to a doubles badminton court.

3.3 Markings and Zones

- All court markings must be clearly visible and of uniform color, contrasting with the court surface.
 - Boundary lines, centre line, service circle, and quarter circles form part of the playable court area.
 - Any ball landing on a line is considered **in**.
 - Markings must be maintained regularly to ensure accuracy and compliance with competition standards.
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<https://sepaktakraw.one/istaf-law-of-the-game>