



Malaysia Midwest Games

Sports Rules

Takraw

1. Forfeits

- 1.1. Players are expected to be present at the courts **10 minutes** before their match starts; failure to do so may result in a forfeit from the competition
- 1.2. Should a team be issued **two** technical fouls in one game, the game shall be forfeited to the opposing team.

2. Category

- 2.1. There will be one category for Takraw
 - 2.1.1. Men

3. Team Logistics

- 3.1. Takraw will be held at Mitchell Field.
- 3.2. A takraw ball will be provided for each court.

4. Game play and Timing

- 4.1. Matches will be played in sets, and 15-point system per set. The first team to win two sets wins the match (best of 3 sets).
- 4.2. Each team must have 3 players on the court and a maximum of 6 members in each team including substitutes. A match will not start if either team consists of fewer than 3 players. Teams that have less than 3 players present on the court will automatically forfeit the match. Unlimited substitutions are allowed.
- 4.3. THE PLAYERS
 - 4.3.1. A match is played by two Regus, each consisting of three players.
 - 4.3.2. One of the three players shall be at the back and he is called a "Tekong".
 - 4.3.3. The other two players shall be in front, one on the left and the other on the right. The player on the left is called a "Left Inside" and the player on the right is called a "Right Inside".
- 4.4. PLAYER'S ATTIRE
 - 4.4.1. The male players must wear jerseys/T-shirts, and sports shoes (women: round neck T-shirts with sleeves, shorts length at least at knee level for woman players); and sports shoes with rubber soles. It is forbidden for players to wear anything that endangers the opponents during the game. In case of cold weather, the players are permitted to use tracksuits.
 - 4.4.2. The entire apparel of a player is regarded as part of his body. All jerseys/T-shirts should be tucked in.
 - 4.4.3. Anything that helps to speed the ball or that helps the movement of a player is not allowed.
- 4.5. SUBSTITUTION
 - 4.5.1. Repeat of the same player is allowed.
 - 4.5.2. Substitution of a player is allowed at any time on request made to the Official Referee when the ball is not in play.
 - 4.5.3. A Player who has been sent off by Referee during a match may be substituted.
 - 4.5.4. Any team having less than 3 players will not be allowed to continue the game and will be considered as having lost.
- 4.6. SCORING SYSTEM
 - 4.6.1. When either serving side or receiving side commits a fault, a point is awarded to the opponent side including making next service.
 - 4.6.2. The winning point for a set is 15 points, unless the point is tied at 14-14, the set shall be decided on a difference of two points, up to a ceiling of 21 points. When the score is tied at 14-14, the Referee announces "Setting up to 21 points".
 - 4.6.3. The game is played in 2 sets with 2-minute rest in between.
 - 4.6.4. If each "Regu" wins one set, the game shall be decided in the third set called "Tie-break" with 15 points unless the point is tied at 14-14, then the set shall be decided on a difference of two points, up to a ceiling of 17 points. When the score is tied at 14-14, the Referee announces "Setting up to 17 points".

- 4.6.5. Before the tie-break set takes place, the Referee shall toss a disc or coin, and the side winning the toss shall have the option of "Choosing Service". The change of sides takes place when one "Regu" reaches 8 points.
- 4.7. THE COIN TOSS AND WARM-UP
- 4.7.1. Before commencing the game, the Official Referee will toss a coin or disc and the side winning the toss shall have the option of "Choosing Service" or "Choosing Side". The side winning the toss shall "warm-up" first for 2 minutes followed by the other "Regu". Only 5 persons are allowed to move freely in the court with the official ball.
- 4.7.2. At the start of play, the players of both "Regu's" must be in their respective courts in a ready position.
- 4.7.3. The Tekong shall have one of his feet inside the serving circle.
- 4.7.4. Both of the "Inside" players of the serving side must be in their respective quarter circles.
- 4.7.5. The opponent or receiving Regu is free to be anywhere within its court.

