

Republika ng Pilipinas
(Republic of the Philippines)
MINISTERI NG EDUKASYON AT KULTURA
(MINISTRY OF EDUCATION AND CULTURE)
Manila

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MEC O R D E R
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SEPAK TAKRAW AND SIPA IN THE PHYSICAL EDUCATION AND SPORTS
PROGRAMS OF PUBLIC AND PRIVATE SCHOOLS

To: Bureau Directors
Regional Directors
Presidents, State Colleges and Universities
Schools Superintendents
Heads of Private Schools, Colleges and Universities

1. Sepak Takraw is included in the sports program of the Asean Schools Sports Council as well as that of the Southeast Asian Games Federation. The said council conducts an annual competition among Asean students and the said Federation has included it among the sports to be played in the 11th Southeast Asian Games in December 1981 in Manila.
2. Relevant to the sports development programs of the national government and the Ministry of Education and Culture, therefore, Sepak Takraw, recognized as having a great value to physical fitness, shall be included in the physical education and sports programs of all public and private schools and other educational institutions beginning this school year 1981-1982.
3. Sepak Takraw shall be played at the junior and senior levels of all MEC-sponsored athletic meets up to the Palarong Pambansa. Inclosed are the rules of Sepak Takraw.
4. Early steps toward the nationwide development of Sepak Takraw is enjoined.
5. Sipa shall continue to be played in the schools at the elementary and secondary levels and included in competitions up to the provincial meet.
6. Immediate dissemination of this Order to all concerned is desired.

(SGD.) ONOFRE D. CORPUZ
Minister of Education and Culture

Incl.:
As stated

Reference:
None

Allotment: 1-2-3-4--(D. O. 1-76)

To be indicated in the Perpetual Index
under the following subjects:

~~ATHLETICS~~
~~PROGRAM, SCHOOL~~
~~SCHOOLS~~
~~SOCIETY or ASSOCIATIONS~~

RULES OF SEPAK TAKRAW

AS AMENDED AT TECHNICAL COMMITTEE MEETING HELD ON 17TH APRIL 1980 AT 10.00 A.M. AT STADIUM NEGARA, KUALA LUMPUR, MALAYSIA. APPROVED AT ASTAF COUNCIL MEETING ON 24TH JUNE 1980 AT KUALA LUMPUR

1. The Court

- a. Court - Area 13.42m x 6.1m (44' x 20') free from obstacles up to the height of 7.32m (24') measured from the floor surface.
- b. Side Lines - The width of all the side lines bounding the court should not be more than 0.038m (1½") measured from the inside. All the side lines should be drawn between 0.91m (3') to 1.82m (6') away from all obstacles.
- c. The Centre Line - The centre line of 0.038m (1½") should be drawn equally dividing the right and the left court.
- d. The Quarter Circle - At the corner of each court at the centre line, the quarter circle shall be drawn, radius 0.91m (3') measuring from the side line to the centre line. The 0.38m (1½") line should be measured from outside the quarter circle.
- e. The Service Circle - The service circle of 0.31m (1') radius shall be drawn on the left and on the right court, the centre of which is 2.44m (8') from the back line of the court and 3.05m (10') from the side line. The 0.038m (1½") line should be measured from outside the service circle.

2. The Post

- a. The Posts - The posts shall be 1.55m (5'1") in height from the floor and they shall be sufficiently firm to keep the net strain. They should be made from very strong material and shall not be more than 0.038m (1½") radius.
- b. Position of Post - The post shall be erected or placed firmly 0.31m (1') away from the side line and in line with the centre line.

3. The Net

- a. The net shall be made of fine ordinary cord or nylon from 4cm (1½") to 5.3cm (2") mesh. The net shall be of 0.72m (2' 4") in width and not exceeding 6.71m

(22') in length. The net shall be edged with 5.3cm (2") tape double at the top and at the bottom of the net supported by a cord or a fine cable runs through the tape and strain over and flushed with the top of the post.

- b. Boundary Mark - A piece of moveable tape 5cm (2") width should be placed straight at the end of both sides of the net, in line with the side lines and centre line.

4. The Takraw Ball

The ball shall be round, made of one layer of rattan consisting of 9 to 11 strains having 12 holes. The circumference shall not be less than 0.41cm (16") and not more than 0.43cm (17"). The weight before play, shall not be less than 160 gm and not more than 180 gm.

5. The Players

- a. The game is played between two teams consisting of three players on each side (3 players actually playing and 3 alternates during a match).
- b. One of the three players shall be at the back and he is called 'back' (player).
- c. The other two shall be in front, one on the left and the other on the right. The player on the left is called 'left inside' and the player on the right is called 'right inside'.

6. Substitution

- a. Substitution of a player is allowed on request by the team manager to the official referee.
- b. Each team is allowed to make one substitution only.

7. Players' Attire

- a. The players must wear jerseys/T-shirts, short pants and rubber shoes. The sole and the heel shall be made of rubber or imitation rubber. It is forbidden for players to wear anything that will endanger the opponents during play. In case of the cold weather, the players are permitted to use the training suit.
- b. The entire apparel of a player is regarded as part of his body.
- c. Anything that helps to speed the ball or that helps the movement of a player is not allowed.

8. Position of Players

- a. At start of play, the players of both teams must be in their respective courts.
- b. For first service, the back shall be at the service circle while the left inside and the right inside must be in their respective quarter circles.
- c. The opponents are free to be anywhere within its court.
- d. The players can move anywhere in their own side when the ball is in play.

9. Officials

The game shall be managed by the following officials:

- 1 Official Referee
- 1 Umpire
- 1 Centre Line linesman
- 6 Linesmen

10. The Toss

Before commencing play, the umpire will toss and the side winning the toss shall have the option of first service or choosing side.

11. Start of Play and First Service

- a. The start of play is counted as soon as the inside right/left throws the ball to the back after the umpire has announced the points.
- b. When making the first service, the back shall have one of the foot inside the circle. The other foot must be outside the circle to kick the ball.
- c. Both the insides must be in their respective quarter circles until after the back has kicked the ball.
- d. The side that chooses to start the game, shall start the first game.
- e. The ball shall be kicked immediately as soon as the inside throws the ball. As soon as the service is executed, all the players are allowed to move about in their respective courts.

- f. The first service is considered good if the ball passes over the net, whether it touches the net or not and within the two boundary cords.
- g. The throw must be executed as soon as the umpire calls the points. If any of the inside throws the ball before the umpire calls the score it must be a rethrow and a warning will be given to the inside making the throw.
- h. The execution of the service by the back can be kicked in any manner.

12. Faults

a. The Serving side during service

- 1) Any one player steps on the quarter circle line, centre line, side line or the service circle line.
- 2) The ball touches the net and does not go over it.
- 3) The ball is kicked and goes under the net.
- 4) The thrower plays about with the ball (throwing up the ball, bumping, giving to the other side, etc.) after the call of score has been made by the umpire.
- 5) The ball goes over the net but falls outside the court.
- 6) The ball touches his own player before crossing over the opponent court.
- 7) The back does not kick the ball on the service throw.

b. Receiving side during service

- 1) Stand outside the court.
- 2) Walk about in a distracting manner or create any noise or otherwise intentionally baulks his opponent.

- c. For both sides during play
- 1) Stepping on the centre line.
 - 2) The ball falls inside or outside the court.
 - 3) The ball touches the net and does not go over to the opposite side.
 - 4) The ball touches the hand or arm.
 - 5) To hold the ball under the arm or between the legs.
 - 6) Any part of the body or players' outfit touches the net or the post.
 - 7) To play the ball more than 3 times in succession.
 - 8) Any player's outfits e.g. shoes, head bands etc., fall into the opponent side.
 - 9) The ball runs over the body.
 - 10) Any player who touches the ball on the opponent side.
 - 11) The ball does not cross between the boundary tapes.
 - 12) The ball touches the ceiling, roof or the wall.
 - 13) Any part of the player's body crossing over into his opponent's court whether above or under the net except during follow-through of the ball.
 - 14) Any player who unnecessarily delays the run of play.

13. Change of Service

- a. Change of service is given when any fault is made by the serving side.
- b. Change of service is given when the receiving side kills the return.

14. Scoring of Points

A point is given to a team when its opponent has made any fault according to rule (12).

15. Scoring

- a. The winning point for a set is 15 points.
- b. After each set, both the team shall change side. The change of side shall also occur in the final set (rubber set) whereby one team has reached 8 points. However if the change is not made at this juncture in the final set (rubber set), the change should be made immediately as soon as the mistake is realised. The score shall remain.
- c. If each team wins a set, the game shall be decided in the third set (rubber set).
- d. When both teams reach the score of 13, the side which reaches 13 has the option of setting the game to 5 and when the score is 14-all the side which first reaches 14 has the option of setting the game to 3.
- e. After the game has been 'set' the score is called 0-0 and the side which scores 5 or 3 points according to the game which has been 'set' at 13-all or 14-all wins the game.
- f. A side rejecting the option of 'setting' at the first opportunity shall thereby be barred from setting, if a second opportunity arises.

16. Accidents/Suspended Play

- a. The umpire can suspend play temporarily because of obstructions, disturbances or accidents for not more than 5 minutes.
- b. In the course of the suspension, all players are not allowed to leave the court, to receive drinks or to receive any form of aids.

17. Discipline

- a. Every player must abide by the rules of the games.
- b. Only the captain of the team is allowed to approach the umpire during play.

18. Penalty

The following offences will be penalised:

- a. To approach in a bad manner to the official with regard to any decision.
- b. To utter bad remarks to any officials.
- c. To take any improper step or action in order to influence any decision made by the officials.
- d. To **create** unnecessary actions or to utter bad remarks so as to insult his opponents.
- e. To leave the court without the permission of the umpire (except between the second and the third set).
- f. To give the ball to his opponent with his legs.
- g. To commit ungentlemanly conduct.
- h. To disobey orders and rules of play.
- i. Players disobeying rules (10) will be given a warning by the umpire. The umpire will use one of the following cards:
 - 1) Cautions _____ yellow card.
 - 2) Expulsion _____ red card.

NOTE:

Players who are shown red card will be asked to leave the court and disciplinary action will be taken against them. A substitute can be allowed according to rule 6(a) or 6(b) and the player concerned will not be allowed to play in the following game until the decision has been made by the Disciplinary Board.

19. Misconduct of Team Officials

Disciplinary action will be taken against team officials or his team for any misconduct or disturbance committed by the official.

20. General

The Official Referee will use his discretion to settle any problem which is not stipulated in the rule and his decision on the matter shall be final.