



NATIONAL HINDU  
STUDENTS' FORUM (UK)

**The Definitive Guide to**  
**NHSF (UK) National**  
**Sports Competition**  
**2018**





## Contents

1. Introduction.....	3
2. Summary Table .....	4
3. Sanskaars .....	5
4. Key Rules .....	6
5. Kabaddi .....	7
6. Kho Kho .....	13
7. Football.....	17
8. Netball .....	20
9. Badminton .....	24
10. Contacts .....	27



## **1. Introduction**

Following the overwhelming success of past Sports Competitions, the NHSF (UK) National Sports Competition is back and is bigger and better than ever!

With participation from students at universities across all zones, this promises to be one of the most challenging and thrilling events of the year.

Alongside the more widely recognised sports of football, netball and badminton, competitors will also have the opportunity to participate in the more traditional games of Kabaddi and Kho Kho.

**More information about these sports is provided in this booklet.**



## 2. Summary Table

<b>Sport</b>	<b>Number of Players</b>	<b>Number of Substitutes</b>	<b>Who can play</b>	<b>Provisional* cost per team</b>
Kabaddi (Male)	7	2	Males	£20
Kabaddi (Female)	7	2	Females	£20
Kho Kho	9	2	Mixed – at least 2 players of each sex	£20
Football	7	3	Males	£25
Netball	7	2	Females	£25
Badminton	2	0	Mixed Doubles	£10

**\*NOTE:**

**The prices for teams are provisional and are subject to change. You will be notified of actual prices in future emails.**



### **3. Sanskaars: HONESTY - RESPECT - INTEGRITY**

Sore losers, ruthless tacklers and cheats are never admired, no matter how skilled they may be. We've all seen it: that one bloke who gets too carried away and starts "mouthing-off", the netballer who doesn't understand 'non-contact', the team who lose sight of manners.

From the Greek Olympics to the Premier League, sport has always been about discipline. Success on the soil is as much about the player as it is about the play; the greatest names in history have emphasised respect, patience and selfless dedication. It isn't always your skill that matters: playing with values will etch not only your games, but your conduct into the memory of spectators. It is character, not reward, which defines a champion.

What are these values? Speaking respectfully to opponents and shaking hands before and after? Appreciating the rules and having patience? Accepting outcomes for what they are with honour and not with grudging disappointment?

We all know the importance of sportsmanship, but only a brief look into the life of legends will show us that all of these boil down to two core ideals: that ultimately, we are all one family; and that a love of the game and not of winning is what breeds greatness.

Hindu Dharma teaches *Vasudhaiva Kutumbakam*, which means that the whole world is one family. Of course, in a competition, your opponents are there to defeat you, but realising that the person stood opposite you in kabaddi, or the keeper you take aim at in netball, or even the defender that blocked your free kick could have all been by your side as a team member if they decided to go to the same university as you, you realise that your game should have passion and not profanity. We are all students, we are all proud of the community we represent and we all love the spirit of competition. Appreciating this unity will mean that you will naturally be gracious and admired both as an individual and as a team. Although the competition is about showing your skill, we are connected by the love of sport. So it isn't enough to show respect to your own ranks: acknowledging the fact that we are all pumped enough to travel on a Saturday morning to compete will itself intensify your competitive experience.

Hindu Dharma also teaches us to work and not worry about the outcome. We should play because we love sport, not because we crave success or fear failure. This value is essential in sport. If competition is about nothing but winning by any means, things quickly turn dark. Ugly tactics, brutal tackles and foul conduct poison the game. It is obvious that we play because we want to win, but when that's all that matters, we forget the grace of the game. If, however, we stop caring so much about being the best, then the best within us will come pouring out. If we dedicate ourselves to our team and to playing well; if we play with passion for the game and not the trophy; if we compete out of strength and not insecurity, then



the success will be earned. The Srimad Bhagavad Gita teaches us that by forgetting about the outcomes and working dutifully, we will achieve greatness. History's greatest sportsmen have succeeded not by striving for accomplishment but by striving for perfection in their game. The accomplishment came naturally.

These two core ideals, or *sanskaars*—of seeing everyone as family and of playing for the sake of the game and not the trophy – are central not only to Hindu Dharma but to the philosophy of sport. It is character, not reward that defines a champion.



#### **4. Key Rules**

No meat, no egg and no alcohol to be consumed or in your possession whilst on the premises of Tipton Sports Academy and RSA. Any individual found to be infringing this rule will result in an automatic disqualification of their chapter from all sports. No warnings shall be given.

No studs allowed. **Strictly astro boots and 3G moulds ONLY**. Any individual will be, at first, asked to go find appropriate footwear for the tournament and if they cannot find appropriate footwear they cannot play in the tournament.

No chewing gum on the pitches. Any individual infringing this rule will be asked to leave the pitch and dispose the chewing gum at first; failure to comply will result in a sending-off and the individual will miss the next match.

No smoking on the premises of Tipton Sports Academy and RSA. Any individual found to be infringing this rule will be automatically disqualified from the tournament. No warnings shall be given.

No food or drink on football pitches. Any individual at first will be asked to dispose any food or drinks, failure to comply will result in a sending-off, and the individual will miss the next match.

Swearing during the game – Any individual infringing this rule will be at first given a warning and a yellow card. The second time it will result in a red card, a sending-off, and the individual will miss the next match.

Respect referees and National Committee and any other volunteer on the day at all times: if, at any time, a team gathers around the referee and/or National Committee/volunteer aggressively, the referee or the head of the particular sport can disqualify the team at their discretion.

No media footage will be taken into consideration by the referees or head of sports at all.

No alumni or National Committee member can play at Zonal Sports Competition. Infringing this will result in a direct disqualification for the sports team.

Chapters who want to collaborate or have a joint team must inform the National Sports Coordinator, by email, by **25<sup>th</sup> January**. Failure to inform the National Sports Coordinator in advance will result in a team disqualification on the day.



## 5. Kabaddi

INTERNATIONAL RULES: Rules have been drawn from the ProKabaddi website ([www.prokabaddi.com/prokabaddi-rules](http://www.prokabaddi.com/prokabaddi-rules)) and adapted for our use.

No one can say for certain how or when the game of Kabaddi began. Some say it is a deviation from wrestling. Others say it was first played to celebrate the harvest. The most colourful account places it in the Mahabharata, the great Hindu epic set around 5000 years ago, which tells of the momentous war between the rival families of the Pandavas and Kauravas.

In the story, Shree Krishna was one night recounting battle tactics to his pregnant sister Subhadra (wife of Arjuna). He was telling her the secret of penetrating the chakravyuha, the seven-tier defensive circle perfected by the Kauravas.

Abhimanyu, Subhadra's unborn child, was also listening in his mother's womb. Unfortunately, his mother fell asleep before Shree Krishna could tell her how to escape from the deadly circle. As a result, when Abhimanyu grew up and became a warrior like his father Arjuna, he broke into the chakravyuha, but was unable to get out, being encircled and killed in the attempt.

There is no denying the similarities between that historic struggle and the game of Kabaddi. Kabaddi is a sport with territories defended by seven players. Two teams face each other like two armies in battle. The objective is for one 'soldier' to raid the enemy's territory, capture as many opposing soldiers as possible and return to camp.

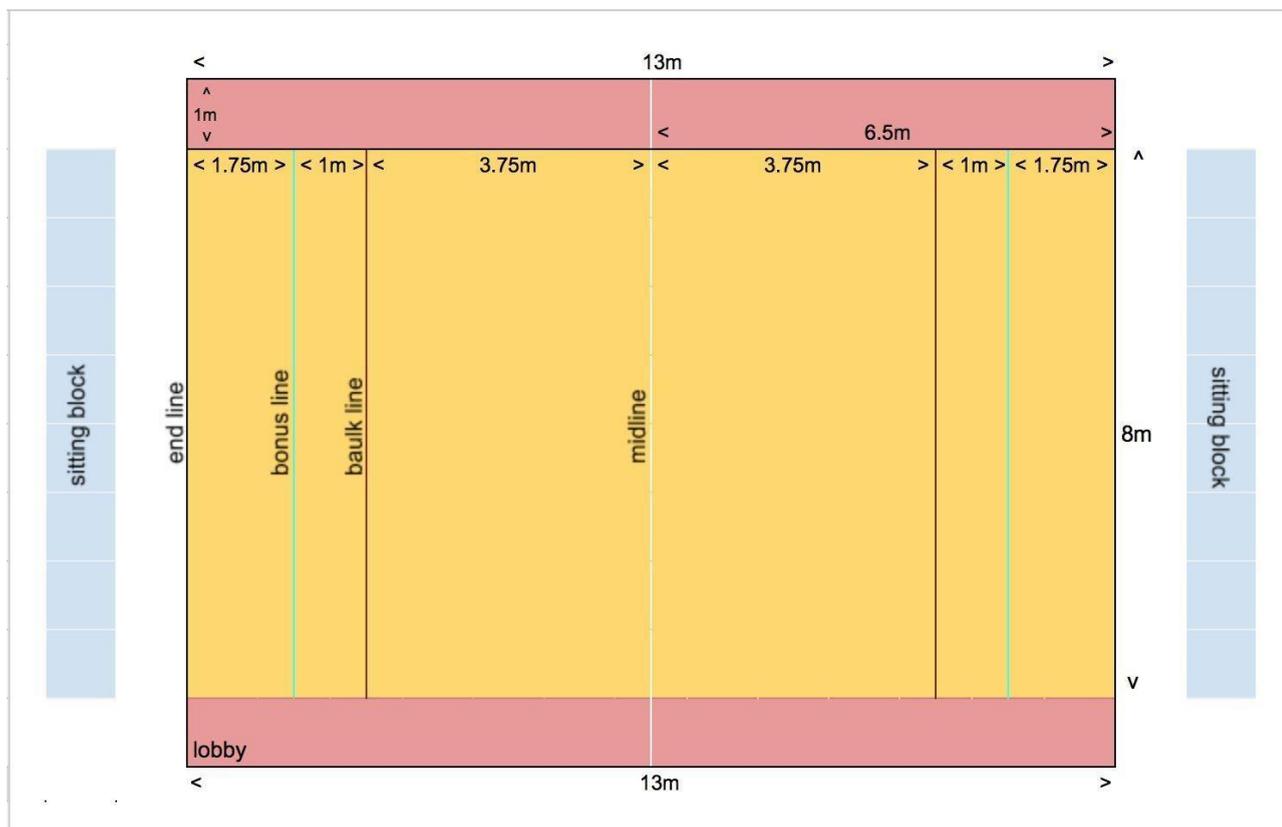
But as in the Mahabharata, the Raider himself can be captured. The battlefield is the pitch; the chakravyuha is the chain created by the Defenders. There is no prop such as a ball, racket or bat – only strength, stamina and tactical skill.

The beauty of this game is that players attack and defend at the same time!





## The Pitch



## Terms

- **Balk line** - Line parallel to the midline which the raider must cross during the raid (known as 'checking' done with a trailing foot in the air)
- **Bonus line** - Line parallel to the balk line which is active when there are 6 or more defenders on court. If a raider crosses this line (with a trailing foot in the air), a bonus point is awarded.
  - ◆ The bonus will not be awarded if a struggle is initiated during the bonus attempt.
  - ◆ The bonus cannot be acquired after a touch/struggle is initiated.
- **Chant** - The repeated chanting of the approved word "Kabaddi". The chanting should be without break, at a stretch, and clear and loud sounding. The raider must begin the chant before crossing the midline and return with the chant held.
- **Raid** - When a raider enters the opponent's half with the chant held and is restricted to 30 seconds before the raider must return to their own half or will be declared out.
- **Empty Raid** - When a raider crosses the balk line at least once and returns to their own half with the chant without



scoring any points.

- *Touch* - When a raider touches any part of the defender with any part of their own body, the defender is declared OUT if the raider returns to their own half with the chant.
- *Struggle* - When one or more defenders initiates a contact against the raider.
- *Tackle* - When one or more defenders successfully prevents the raider from returning to their own half with the chant; the raider is declared OUT.
- *Lobby* - 1 metre of matted surface on both sides of the court which is only active once a touch/struggle is initiated. Raiders/defenders must not step into the lobby before this time.
- *Pursuit* - When a defender rushes into the opponent's court with chant, chasing the returning raider with a view to touch. Pursuit is not possible after a struggle.
- *Super Raid* - When a raider scores three or more touch points in a raid; no bonus points are awarded.
- *Super Tackle* - When there are three or fewer defenders left on the pitch who successfully tackle a raider, one bonus point is awarded.
- *Do-or-Die Raid* - After two consecutive empty raids for a team, on the third raid, the raider of that team must score at least one point or will be declared OUT and a point will be awarded to the opposition team.

## Rules of Play

### FOR RAIDERS

- If the chant is broken during the raid, the raider will be declared OUT and the opposing team will be awarded a technical point.
- If more than one raider crosses the midline during a raid, the raiders will be called back and the opposing team will be awarded a technical point. The opposing team will raid.
- If the raider steps out of the playing area, they will be declared OUT and the opposing team will be awarded a technical point.
- To secure raid points, the raider must cross through the midline with any body part with the chant.
- A pursuit is allowed if the previous raid did not end in a struggle.
- The raider may use any part of the body during the raid and touch the raider anywhere (i.e. kicks are allowed above waist height).

### FOR DEFENDERS

- If the defender steps out of the playing area, they will be declared OUT immediately and the opposing team will be awarded a technical point. The defender will be pulled out of the raid which will continue.
  - ◆ If the defender crossed the midline while holding the raider, the raider will be declared NOT OUT, and the defender(s) who crossed the midline will be declared OUT.
  - ◆ One point will be awarded to the raiding team for every defender declared OUT and will revive an equivalent number of players (this rule will be demonstrated on the day to avoid any confusion).
- The defender can 'push-out' the raider by ensuring the raider's entire body is out of the playing area.
- Defenders must not stifle a raider's chant.



- Defenders must not hold a raider by their hair/clothes.

#### GENERAL KNOCKOUT RULES

- When players are eliminated, they must sit in the sitting block in the order of elimination.
- When players are revived, it is in the order of elimination.
- If all the players in a team are knocked-out, two bonus points are awarded for the 'all out'.
  - ◆ The team that were knocked out will be revived with all seven players back on the pitch.

## Match Rules

- Each playing team shall consist of seven players with up to two substitutes.
  - ◆ A maximum of two substitutions can be made per game.
- Each match will last 9 minutes with 4 minute 30 second halves and a 1 minute interval.
  - ◆ The last raid of each half will be allowed to be completed even after the timer has run down.
- The team that wins the toss shall have the choice of the court or the raid and the team that loses will have the remaining choice.
  - ◆ At half time, court and first raid will be swapped.
  - ◆ The game in the second half will continue with the same number of players on court as at the end of the first half.
- Each team shall score one point and revive one player for every opponent declared OUT.
  - ◆ Players are not revived when a technical point is scored.
  - ◆ Players are not revived when a bonus point is scored.

## Officials

- There will be two referees and one technical official.
  - ◆ The referees' decision is final. The rules leave little room for judgement calls to be made. Feel free to clarify any confusions in advance.
  - ◆ Video evidence cannot be used to change referee decisions.
  - ◆ Poor sportsmanship, arguing and bad conduct (persistent protesting, making derogatory remarks, violent tackling) may lead to warnings/disqualifications.
- The technical official is responsible for scoring/time-keeping.
- Linesmen will monitor the baulk, bonus and endlines and are responsible for pulling out players if they step out of the playing area.



## Hand Signals

*Familiarise yourself with the hand signals that will be used by the referee.*

(1)



(2)



(3)



- Out of bounds - Raise both hands with palms towards the body, showing the action of 'away'. (1)
- Declare points & outs - Raise one hand to indicate the number of outs/points. With the other hand, indicate the team that scored by pointing horizontally towards that side (2)
- Bonus point - Raise hand horizontally and point thumb upwards. (3)



## 6. Kho Kho

The game of Kho Kho is based on natural principles of physical development and fosters a healthy combative spirit amongst the youth.

It calls for high physical fitness, agility, speed, stamina and a strong purposeful determination in a player. Dodging and controlled sprinting makes the game exciting and interesting to watch.

The play is governed by specific rules of the game approved by the Kho Kho Federation of India.

### **Field**

A good levelled field measuring 21m x 16m with a 3m end free zone on two sides. See diagram below.

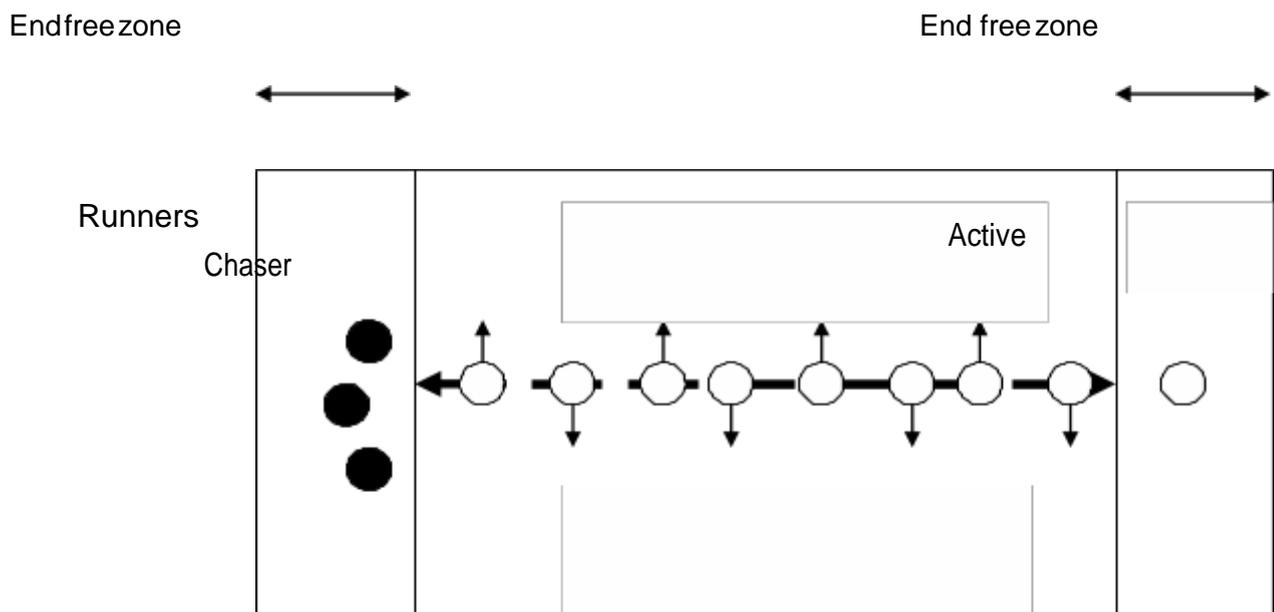


Figure 2.1 – Kho Kho pitch

- Represents the Runners. Only 3 Runners at a time.



- The many ○ represent the Chasers, who are knelt down in a line along the centre of the pitch.
- The ○ represents the Active Chaser. Only one Active Chaser at a time.
- The arrows represent which way the Chasers have to face during the whole game.



### **Officials**

- **1 Referee**  
Supervises the conduct of the play and awards points or fouls to the teams.
- **1 Time & ScoreKeeper**  
Checks time & scores and announces the scores at the end of the match.

### **Teams**

A team consists of 9 players and 2 substitutes per team. There needs to be at least one player of each sex that is actively on the field at all times.

**Chasers:** The team that lines up in the middle of the pitch and are knelt down with one knee touching the ground. Their aim is to catch the Runners.

**Runners:** Runners who come inside the pitch in a batch of three and aim to avoid being caught by the Chasers.

### **Match**

A complete match is 8 minutes long: 3½ minutes each way with an interval of 1 minute.

### **Types of whistles**

a	Start the Match	Long whistle followed by a short whistle
b	Defender out	One short whistle
c	Foul committed	Two short whistles
d	End of half or match	Long whistle followed by a short whistle

### **The Rules**

- The chasing team will consist of 8 'Passive' Chasers (seated) and one 'Active' Chaser. The Passive Chasers (those who are seated) must ensure one knee is on the ground at all times. If they lift their knee, this will be regarded as a foul.
- The running team will enter the area in batches of three. They will only be allowed to enter from one half of the pitch (the right hand side of the pitch from where the main referee stands). Only when all three are out will the next batch of three be allowed to enter.
- Chasing players can run left or right, but cannot change their direction once decision is made (except when in the end free zone), and may not chase the seated Chasers. Defending



players can run in any direction and may cross the Centre Line.

- 'Kho' is given when the Active Chaser touches the back of a Passive seated Chaser and shouts the word 'Kho'. The seated player should rise immediately when 'Kho' is given to them.
- If the whole running team has been caught out, then play will continue in the same order of batches as started, until time runs out.
- The chasing team must give 'Kho' after a batch of three is out before the new batch can be caught. Similarly, the new batch must enter the boundary before the next 'Kho' is given otherwise any players still outside the boundary will be 'out'.

### Fouls

A foul will be given when a chasing team's player:

- Changes their running direction whilst outside the end zone (running direction is determined by the direction of the pursuers shoulders when sitting or the direction in which a Chaser steps first).
- Steps outside the boundary with either feet or changes direction without having both feet grounded past the end zone line. (Clarification: 'Outside the court' is defined by touching the boundary line. For example, if a player has one foot grounded outside the boundary line and the other foot is either lifted up from inside the boundary line or touches the boundary line, then a point is awarded to the opposite team of that player).
- Has his/her shoulders in one direction, and then runs in another.
- Stands up, lifting their knee before being given 'Kho'.

### Out

A Runner is out when he/she:

- Is touched by an Active Chaser with their hand without violating the rules of the game.
- Steps outside the boundary with either feet or changes direction without having both feet grounded past the end zone line. (Clarification: 'Outside the court' is defined by touching the boundary line. For example, if a player has one foot grounded outside the boundary line and the other foot is either lifted up from inside the boundary line or touches the boundary line, then a point is awarded to the opposite team of that player).

A Runner is **not given out** when:

- The pursuing player is committing, has committed or goes on to commit a foul before then giving 'Kho' or crossing the end zone line.
- When the pursuing team has not given 'Kho' prior to chasing the new batch.

### Summary of Scoring

- The chasing team scores 1 point for each Runner who is 'out'.
- For every foul committed,  $\frac{1}{2}$  a point is deducted from the chasing team, e.g. if Chasers have caught 6 Runners, but have 10 fouls that would mean that the overall score for the Chasers



would be 1 point (6 – 5).

### **Tips for Chasers**

- Shoulder-direction, not the movement of the head, determines a Chaser's direction.
- Try and anticipate a Runner's movements to have a better chance of catching them.
- On indication of a foul, it is okay to take the wrong direction to give 'Kho' quicker.
- Appearing to give 'Kho', but not actually saying it may fool the Runners.

### **Tips for Runners**

- Listen to the 'Kho' before tracing the route further.
- Avoid standing close to the end free zones.
- If possible, observe the opposition prior to your game, and be sure not to stand near their best players.

### **Note:**

**The referee's decision is final and no video footage can be accepted to influence the referee's decision.**

**The match duration is provisional and subject to change.**



## **7. Football**

### **Number of players**

- (a) The match is played by two teams consisting of no more than 7 players, one of whom is the goalkeeper.
- (b) Three substitutes per team are permitted at any time during a game, subject to conditions set out in the laws of the game.
- (c) A match will not be considered valid if there are fewer than 4 players in either of the teams.

### **Players Equipment**

No studs allowed. **Strictly astro boots and 3G moulds ONLY.** Any individual not wearing the appropriate footwear will be first asked to go find appropriate footwear for the tournament. If they cannot find appropriate footwear they cannot play in the tournament. All players must wear shin pads for health and safety reasons.

### **Duration of the game**

The duration of a game is 9 minutes. The referee will give an allowance for time lost through stoppages.

There will be a 30 second half time in which the teams will swap sides.

### **Start of play**

- (a) The start of the game will begin at the centre circle where possession is decided by a coin toss.
- (b) After a goal is scored, play is resumed from the centre circle by the conceding team.

### **Ball in and out of play**

The ball shall be in play at all times from the start of the game unless:

- a) The whole of the ball crosses the goal line or touchline;
- b) The game has been stopped by the referee

### **Note:**

When the ball goes out of play it should be returned to play in accordance with the laws of the game except goal kicks, which may be taken from any point within the goal area, provided the ball is stationary.



## **Offside**

There is no offside.

## **Substitution**

A substitution can only be made when the ball is out of play and after notifying the referee. Once a player has been substituted, he cannot come back into the game again.

## **Method of scoring**

Method of scoring is in accordance with the laws of the game except:

The goal area – only the defending goalkeeper is allowed in the goal area. No other player is allowed in the goal area.

Penalty for infringements are:

- By the defence – Penalty Kick.
- By the attack – Direct Free Kick at the point of entry into the area.
- If the ball is touched by the keeper outside the area – Penalty Kick.

## **Free Kicks**

- All opposing players must stand at least two yards from the ball for all free kicks against them.

## **Play in the goal area**

- *Only person allowed in goal area is the goalkeeper. If opposition sets foot in the area a free kick is given to the defending team.*
- Goalkeeper must throw the ball out within 5 seconds of the ball entering the area, regardless of whether the ball is in the goalkeeper's hands or on the floor.
- Once the goalkeeper has passed the ball to a player, that player cannot pass back to him immediately.

## **Serious foul play**

- Should any player deliberately prevent a goal scoring chance (e.g. a player clean through with only the goalkeeper to beat) by taking his legs away or blatantly holding him back, he will be sent off.
- This also applies to goalkeepers deliberately handling the ball outside their area or bringing an opposing player down outside their goal area.



- Any interference from the goalkeeper outside the area results in a penalty.
- Serious contact in a slide tackle results in a red card and the player must leave the match and cannot be replaced. They will not be allowed to play in the next game. If the same individual infringes the rule again, they will be immediately banned from the wholesport.

### **Throw in**

A player from the opposite team, of the person who last touches the ball will take the throw in t an a overhead height. Throw in will be taken from where the ball passes over the touchline. Both feet must be behind the touchline and at least one foot must be on the ground.

### **Note:**

**The referee's decision is final and no video footage can be accepted to influence the referee's decision.**

**The match duration is provisional and subject to change.**

**No chewing gum on the pitches.**

**No food/drinks on the pitches. First incident will result in a warning and yellow card. Second incident will result in disqualification for the individual.**



## **8. Netball**

### **Playing the Game**

#### Starting or restarting the Game

- Centre passes are taken alternately by the two Centres, after a goal has been scored.
- All players must start in the goal thirds except the two Centres.
- The Centre with the ball starts with either one or both feet in the Centre Circle (if on one foot then the other must not have contact with the ground outside the Centre Circle) and must obey the footwork rule after the whistle has been blown.
- The opposing Centre stands anywhere within the Centre Third and is free to move.
- The Centre Pass must be caught or touched by a player in or landing in or jumping from a stance in the Centre third.

#### Playing the Ball

- A player who has caught the ball shall play it or shoot for goal within 3 seconds.
- A player may bounce or bat the ball once to gain control.
- Once released, the ball must next be touched by another player.
- There must be room for a third player between the hands of the thrower and catcher.
- A player on the ground must stand up before playing the ball.
- Rebound off the goalpost when taking a back line pass is not allowed and breaking this rule will lead to a free pass to the opposition.

### **Footwork**

Having caught the ball, the player may land or stand on:

- One foot – while the landing foot remains grounded, the second foot may be moved anywhere any number of times, pivoting on the landing foot if desired. Once the landing foot is lifted, it must not be re-grounded until the ball is released.
- Two feet (simultaneously) – once one foot is moved, the other is considered to be the landing foot, as above. Hopping or dragging the landing foot is not allowed.

### **Scoring a Goal**

Only Goal Shooter or Goal Attack can score – they must be completely within the circle when the ball



**NATIONAL HINDU  
STUDENTS' FORUM (UK)**

is received in order to shoot for goal.

You cannot lean on or move the goal post whilst a shot is being taken. Doing this will result in a free pass.



If the shooters aim for the rim and the ball doesn't touch the rim, you are not allowed to touch the ball again. This is repossession and this will result in a free pass. The ball must be touched by either another player or the rim before you can catch it again.

### **Toss up**

This is administered for all simultaneous infringements. The two players stand facing each other at their own shooting ends with hands by their sides and the umpire flicks the ball upwards not more than 0.6m in the air as the whistle is blown.

A **FREE PASS** is awarded for infringement of any of the preceding rules. It may be taken by any player allowed in that area, as soon as they have taken up a stationary position (a player may not shoot from a free pass in the shooting circle).

### **Obstruction**

- Player with ball: the nearer foot of the Defender must be 0.9m (3ft) from the landing foot of the player with the ball, or the spot where the first foot had landed if one has been lifted. The Defender may jump to intercept or defend the ball from this 0.9m (3ft) distance.
- Player without ball: the Defender may be close, but not touching, provided that no effort is made to intercept or defend the ball and there is no interference with the opponent's throwing or shooting action. **Arms should be outstretched and above the ball**, no other part of the body or legs may be used to hamper an opponent.
- Intimidation of any kind is classed as obstruction.
- A standing player is not compelled to move to allow an opponent a free run, but dangerous play must be discouraged e.g. moving into the landing space of a player already in the air or stepping late into the path of a moving player.

### **Contact**

- No player may contact an opponent, either accidentally or deliberately, in such a way that interferes with the play of that opponent or causes contact to occur.

A **PENALTY PASS** (or **PENALTY SHOT** if in the shooting circle) is awarded for the above infringements taken from where the infringement occurred. The offending player must stand out of play beside the thrower until the pass or shot has been taken. Any opposing player allowed in that area may take the penalty.

### **Duration**



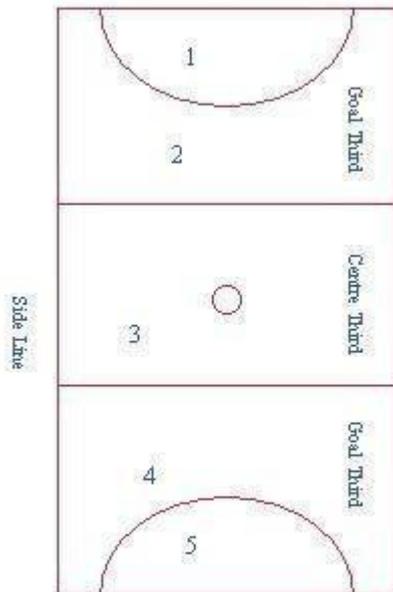
**NATIONAL HINDU  
STUDENTS' FORUM (UK)**

Each netball match will be played for 10 mins in total not including a 30 second half time.



## PLAYING POSITIONS

Each playing position has a specific area of the court in which to play:



Goal Shooter	<b>GS</b>	Areas 1, 2
Goal Attack	<b>GA</b>	Areas 1, 2, 3
Wing Attack	<b>WA</b>	Areas 2, 3
Centre	<b>C</b>	Areas 2, 3, 4
Wing Defence	<b>WD</b>	Areas 3, 4
Goal Defence	<b>GD</b>	Areas 3, 4, 5
Goal Keeper	<b>GK</b>	Areas 4, 5

Rules Summary: Court Diagram

## Positional Responsibilities

Each position has a main role to play:

GS – To score goals and to work in and around the circle with the GA.

GA – To feed and work with GS and to score goals.

WA – To feed the circle players, providing them with shooting opportunities.

C – To take the Centre Pass and to link the defence and the attack.

WD – To look for interceptions and to prevent the WA from feeding the circle.

GD – To win the ball and reduce the effectiveness of the GA.

GK – To work with the GD and to prevent the GS from scoring goals.



### **Types of whistles**

A. Start of Match	One long whistle
B. Offence	One short whistle (obstruction, footwork, contact, ball out of court)
C. Scoring a goal	One short whistle
D. Half time	One long whistle
E. End of Match	Two short followed by one long whistle

### **Rules Summary**

#### *Court Areas*

**Offside:** Player moving out of own area, with or without ball (on a line counts as within either area).

**Over a Third:** Ball may not be thrown over two transverse lines without being touched.

**Out of Court:** Ball is out of court when it contacts anything outside the court area (not the goalpost). The ball is returned into play by a throw-in taken from a point outside the line where the ball left the court. The player stands with foot close to the line, and the ball must be thrown onto the court within three seconds.

#### **NOTE:**

**The referee's decision is final and no video footage can be accepted to influence the referee's decision.**

**No long fingernails and jewellery must not be worn.**

**The duration time is provisional and subject to change.**



## 9. Badminton

For the group stages, a Yonex Blue Band Medium **plastic** shuttlecock will be used. For the quarter final, semi-final and final, a Yonex Blue Band Medium **plastic** shuttlecock will be used.

A new shuttle will be used after every 9 games or when the referee considers the shuttle damaged.

### **Doubles**

- There is only one serve in doubles; the service passes consecutively to the players.
- At the beginning of the game and when the score is even, the server serves from the right court. When it is odd, the server serves from the left court.
- If the serving side wins a rally, the serving side scores a point and the same server serves again from the alternate service court.
- If the receiving side wins a rally, the receiving side scores a point. The receiving side becomes the new serving side.
- The player of the receiving side who served last stays in the same service court from where he served last. The reverse pattern applies to the receiver's partner.
- The players do not change their respective service courts until they win a point when their side is serving.
- If players commit an error in the service court, the error is corrected when the mistake is discovered.

### **POINTS - UP TO THE SEMI-FINALS**

- Play to fifteen points for all games.
- All matches will be played best of one game.
- If the score is level at fourteen all, the side scoring the 15th point wins that game.



## **POINTS – SEMI-FINALS AND FINALS**

- Play to twenty-one points for all games.
- All matches will be played best of three games (first to win two games).
- If score is level at twenty all, the person who scores two clear points first wins the game. If 25 all, the side scoring the 26<sup>th</sup> point wins that game.
- In the third game the players change ends when the leading score reaches eleven.
- Before commencing play, the opposing side shall toss. The side winning the toss shall have the option of one of the following, with the side losing the toss, the option of any one of the remaining alternatives will be available.
  1. Serving first;
  2. Receiving first;
  3. Choosing end.

## **SERVICE**

- The server may not serve until the opponent is ready, but the opponent shall be deemed ready if return of service is attempted.
- The server and the player served to must stand within the limits of their respective courts.
- Some part of both feet must remain in contact with the court's surface in a stationary position until the service is delivered.
- A foot or touching the line in the case of either server or receiver shall be deemed a fault.
- In serving, the shuttle at the instant of being struck must be lower than the server's waist and the shaft of the racket to be pointing in a downward direction to such an extent that the whole of the racket is discernibly below the whole of the server's hand holding the racket.
- If the receiver is faulted for moving before the service is delivered or for not being in the correct serving court, and the same time the server is faulted for a service, 'infringement' shall be a let.
- If the server misses the shuttle when serving, it is not a fault, but if it touches the racket a service is thereby delivered.



- It is a fault if in serving the shuttle, it does not pass over the net, falls in the wrong service court, falls short of the service line or falls outside the boundary lines of the service court.
- A shuttle falling on the line shall be deemed to have fallen in the court.



**GENERAL – It is a fault:**

- When the shuttle is in play and the player touches the net or its supports with either racket, person or clothing.
- When the shuttle is in play and it is struck before it crosses the striker's side of the net. (The striker may, however, follow the shuttle over the net with the racket in the course of the stroke).
- If the shuttle is held on the racket (i.e. caught or slough) during the execution of a stroke, or if the shuttle is hit twice in succession by the same player (two strokes), or if the shuttle is hit by a player and their partner successively.
- If the player obstructs an opponent.
- If in a service or during a rally, a shuttle after passing over the net, is caught in the net.

**SUITABLE DRESS**

- Players should be suitably dressed for the tournament. No jeans or trousers (with the exception of tracksuits) will be allowed. Shoes must be rubber soled gym type shoes and non-marking.

**NOTE:**

**The referee's decision is final and no video footage can be accepted to influence the referee's decision.**

**The match duration is provisional and subject to change.**



**10. Contacts**

For all National Sports Competition enquiries contact:

**Shivangee Maurya**

National Events Team Member

**Email:** [sportscomp@nhsf.org.uk](mailto:sportscomp@nhsf.org.uk)

Neelam Chhabhadiya

National Events Team Member

**Email:** [sportscomp@nhsf.org.uk](mailto:sportscomp@nhsf.org.uk)