



The Definitive Guide to

NHSF (UK)

National Sports

Competition 2019



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1. Introduction

It's back, but this time with a twist, as we present you this year's theme: #ThisHinduSocietyCan - pushing us all to perform at our best and get stuck in!

Over 40 universities. 4 zones. Coming together for yet another day of fierce but friendly fun!

We expect this year's competition to be jam-packed with unity, passion, and competitive vibes - truly one not to be missed!

As well as the competitions for football, netball, badminton, kho-kho and kabaddi, this year's event will include a vast range of activities. So whether you're flexing through some yoga, brushing up your facts about our environmental impact, or aiming for the top of the leaderboard in our competition corner, NHSF (UK) National Sports Competition 2019 has something for everyone!

Come play, participate, and proudly represent your Hindu Society at what's sure to be another incredible day of fun. Don't risk the FOMO; get involved today!

See you there!

More information is provided in this booklet.



2. Summary Table

Sport	Number of Players	Number of Substitutes	Who can play	Provisional* cost per team
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:

Sanskaars, or core ideals, are an integral aspect of Hindu Dharma that can be cultivated through the medium of sports. Below, we expand upon and explain how we can all begin to awaken and proudly present these sanskaars within ourselves as we strive to achieve greatness within our sporting performances!

The concept of *Vasudhaiva Kutumbakam*, meaning the entire world is one family, is one ideal upon which we can reflect whilst partaking in a sport. When channelling our competitive energy, it can be easy to get carried away and begin to see opposition as one to be defeated when in reality, that very opposition is the same as ourselves! It might be because they're also a student, the same gender as ourselves, or the simple fact that they are also of this universe; we must remember this oneness when we play. Focusing our energy towards striving for greatness in our own personal performance rather than striving to defeat the opposition allows us to embody the valued characteristics of self-discipline, respect and patience. It is for this reason that it's not always your skill that matters. Playing with values will etch not only your game but your conduct into the memory of spectators. It is our character and conduct that makes us a champion, regardless of our skill level.

If we dedicate ourselves to our team and our performance; 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 tells us to forget the outcome of our work and focus on being dutiful. Within this context, that means forgetting about winning or losing but being focused upon our sport and our performance whilst displaying the ideal sporting behaviours we've discussed above. Encapsulating the passion, love and respect which resides within us and letting it radiate whilst we continue to strive closer towards our goals. It is this, that will result in our sense of accomplishment more so than any tangible reward or trophy.

By understanding both the nature of our Hindu Dharma and the sporting philosophy that makes a good sportsman, we can begin to see how everything is intertwined with our sanskaars. Through the sporting events on the day, we can discover how to imbibe these sanskaars in all aspects of our lives. After all, it is character, not prizes, which makes a champion, and by proudly wearing these sanskaars we can all become these champions regardless of physical reward.

Here's to our journey towards becoming our own champions: let the games begin!



4. Key Rules

No meat, no egg and no alcohol or other intoxicants should be consumed or in your possession whilst on the premises during **ANY** NHSF (UK) Sports Competition. Any individual found to be infringing this rule will result in an automatic disqualification of their university from all sports. **No warnings shall be given.**

No smoking on the premises during **ANY** NHSF (UK) Sports Competition. Any individual found to be infringing this rule will be automatically disqualified from the tournament. **No warnings shall be given.**

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

Respect referees, 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.

The referee's decision is final.

No media footage will be taken into consideration by the referees or head of sports at all. Poor sportsmanship, arguing, and bad conduct (persistent protesting, making derogatory remarks, violent tackling) may lead to warnings/disqualifications.

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

Chapters who want to collaborate or have a joint team for any NHSF (UK) Sports Competition must outline this in the registration forms or by email (sportscompreg19@nhsf.org.uk) by **25th January**. Failure to inform the National Committee will result in a team disqualification on the day.

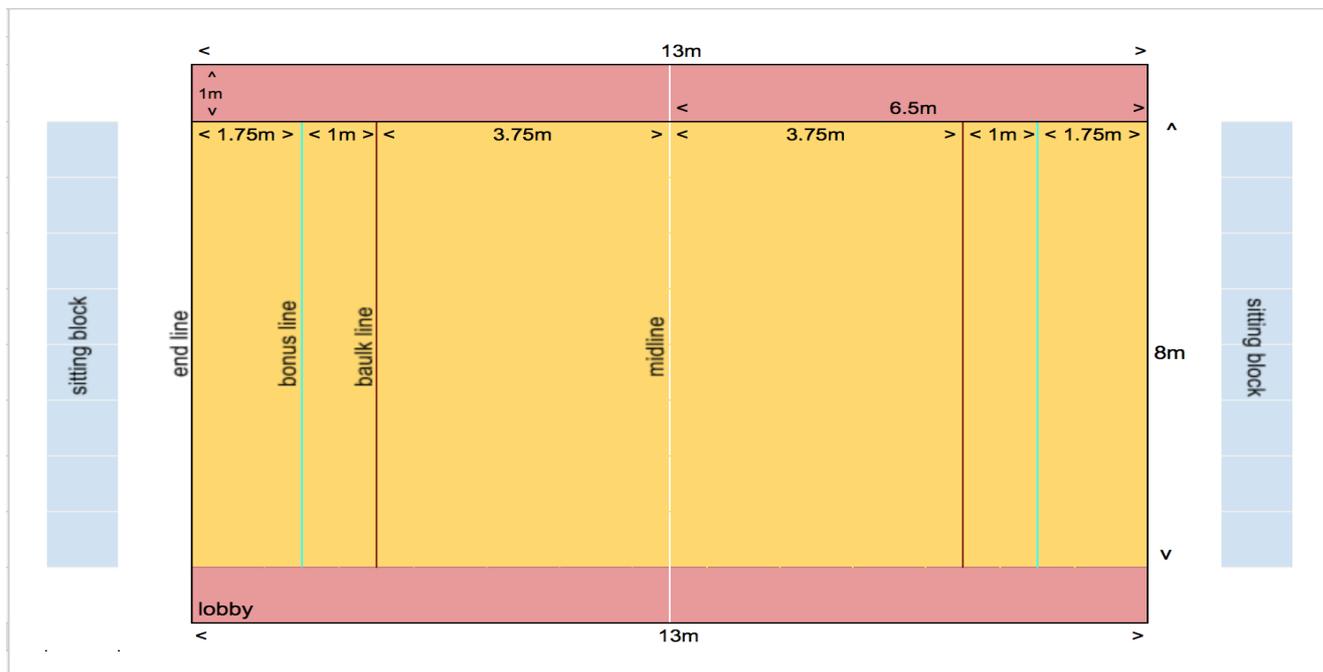
Student members of a university Hindu society may compete for another Hindu society's team at Zonal/National Sports Competition **if and only if** there is no team entered in that sport from their own university.

By registering for NHSF (UK) National Sports Competition 2019, you give your consent for NHSF (UK) and any other organisation it invites to the event to record photographic and videographic footage of your participation.



5. Kabaddi

The Pitch



Terms

- **Baulk 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 baulk 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 clearly heard. 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. The raider must return to their half within 30 seconds or they will be given out.
- **Empty Raid:** when a raider crosses the baulk 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.
- **Lobby:** 1 metre of the 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 the 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 and the chant.
- 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 crosses 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 was 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.
 - ◆ The game in the second half will continue with the same number of players on the 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.

Hand Signals

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

(1)



(2)



(3)



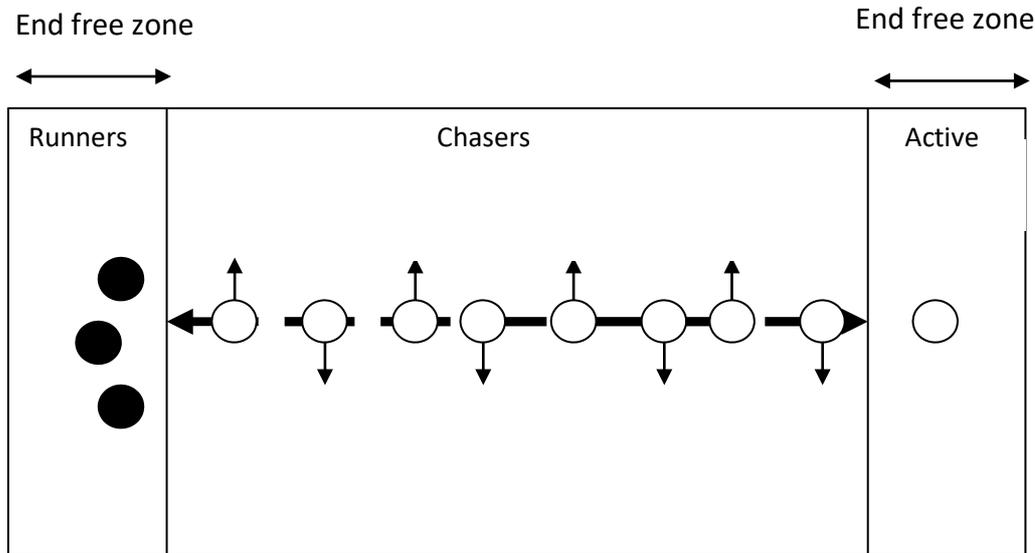
- Out of bounds: raise both hands with palms towards the body, showing the action of 'away'. (1)
- Declare points and outs: raise one hand to indicate the number of outs/points. With the other hand, indicate the team that scored by pointing horizontally towards that side (2)
- Bonus point: raise hand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



6. Kho-Kho

Field

A good levelled field measuring 16.5m by 9m, including a 2.25m end free zone ('end zone') at either end, as shown below.



2.1 – Kho Kho pitch

- Represents the Runners. Only 3 Runners enter the pitch at a time.
- represent the Chasers, who are knelt down in a line along the centre of the pitch at a distance of 1.5m away from each other.
- 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 & Score Keeper**
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 must be at least 2 players of each sex amongst the 9 active players on the field in each match.



Chasers: The team that lines up in the middle of the pitch, either kneeling or squatting. Their aim is to catch the Runners.

Runners: The team that enter the pitch in batches of 3 and aim to avoid being caught.

Match

A complete match is 7 minutes long. Each half will be 3 minutes, with a 1 minute interval.

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 9 Chasers will consist of 8 'Passive' Chasers (seated) and one 'Active' Chaser.
- If at any point the Passive Chasers are not seated in alternate directions, play will be stopped and restarted with the Active Chaser and three Runners at opposite ends of the pitch. Time will be stopped and will continue from the point of stoppage.
- The 9 Runners will enter the area in batches of three. They can only enter from the right-hand side of the pitch where the main referee stands. The next batch only enter when all three Runners are given out.
- Chasers must choose a direction (left or right) to run in once they get up. They can only change direction by grounding both feet in either of the end free zones. Defending players can run in any direction and may cross the Centre Line.
- 'Kho' is given when the Active Chaser puts one foot behind a Passive Chaser and shouts the word 'Kho'. The seated player should rise immediately.
- If all 9 Runners are given out, then play will continue in the same order of batches as started, until time runs out.
- The Chasers 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'.
- No substitutions of players are allowed at any point in the game unless there is an injury.

Fouls



A foul will be given when one of the Chasers:

- Changes their running direction outside the end zone (determined by the direction of their shoulders when sitting or the direction in which they step first), or changes direction in the end zone without having two feet grounded in the end zone.
- Steps on or out of the boundary line without their other foot grounded inside the playing area.
- Turns their shoulders in one direction, and then runs in another.
- Stands up before 'Kho' is given.
- Is standing at the same time as another Chaser.
- Gives 'Kho' without having one foot grounded behind a Passive Chaser.
- Crosses the Centre Line.
- Is sitting in the wrong direction such that the Passive Chasers are not seated in alternate directions.

Out

A Runner is out when he/she:

- Is touched by an Active Chaser with their hand without committing a foul.
- Steps outside the boundary line with both feet or steps outside with one foot and fails to have the other foot grounded inside the playing area.

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

- The Active Chaser commits a foul whilst catching the Runner.
- The Active Chaser goes on to commit a foul before 'Kho' is given or before grounding both feet in the free zone.
- The Chasers do not give 'Kho' prior to chasing the new batch.

Scoring Rules

- The Chasers win 1 point for each Runner caught out.
- The Chasers will lose 0.5 points for every foul committed.



7.Football

Points:

- a. 3 points to the winning team
- b. 1 point for a drawn match between both teams
- c. 0 points to the losing team

Number of players

- The match is played by two teams consisting of no more than 7 players, one of whom is the goalkeeper.
- Three substitutes per team are permitted at any time during a game.
- 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 AstroTurf boots and 3G moulds ONLY. If appropriate footwear is not worn, the individual cannot play in the tournament.
- All players must wear shin pads for health and safety reasons.
- All players must wear a shirt at all times and teams must make every attempt to ensure that all outfield players play in similar colours. Players must wear bibs where available and instructed by the referee.

Game Duration

- 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 halftime in which the teams will swap sides.

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.
- A maximum of three substitutions can be made in one match.

Start of Play

- The referee will determine who takes the initial kick-off, either by coin toss or by a predetermined schedule.
- The other team will get the choice of sides and will kick-off the second half.
- After a goal is scored, the play is resumed from the centre circle by the conceding team.

The Ball In and Out of Play

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

- The whole of the ball crosses the goal line or touchline
- 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.

Play in the goal area



- The only person allowed in the goal area is the goalkeeper. If opposition sets foot in the area, a free kick is given to the defending team. However, if the defending team steps foot in the area, a penalty is awarded to the opposition. If the ball is touched by the keeper outside the area a penalty kick will be awarded.
- Goalkeeper must release 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.
- When shooting, the kick must start and finish outside area, if the player's momentum then carries them forward into the area this will not be penalized unless the player is found to be interfering with the play from a position inside the area.

Pass-backs

- A player who has received the ball from the goalkeeper cannot pass it straight back to that player. The ball must touch another player (which may be an opponent) before being passed back. Breach of this rule will result in an indirect free kick being awarded to the attacking team.

Throw in

When the whole of the ball passes over the touchline, either on the ground or in the air, the opponents of the player who last touched the ball are awarded a throw in from the point where it crossed the line. At the moment of delivering the ball, the thrower must:

- Stand facing the field of play
- Have part of each foot on the touchline or on the ground outside the touchline
- Throw the ball in any direction with both hands from behind and over the head from the point where it left the field of play

If, after the ball is in play, the thrower touches the ball again before it has touched another player a free kick is awarded. A goal cannot be scored directly from a throw-in:

- If the ball enters the opponents' goal – a goal kick is awarded
- If the ball enters the thrower's goal – a corner kick is awarded

Free Kicks

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

- If a free-kick is awarded within 2 yards of the edge of the area, it should be moved back so that it is 2 yards from the edge of the area, allowing a defensive wall to form in front.
- If, when a free kick is taken, and an opponent is closer to the ball than the required distance the kick is retaken.
- If, after the ball is in play, the kicker touches the ball a second time before it has touched another player a free kick is awarded to the opposing team, taken from the place where the infringement occurred

Penalty Kicks

- A penalty kick will be awarded if the goalkeeper handles the ball outside the area or if the defending team enters the area.
- In absence of there being a penalty spot, penalty kicks will be taken in the centre of the pitch, from the edge of the area.
- The goalkeeper must be standing on the line when a penalty is taken.
- The penalty taker must be identified to the referee and the whistle must be blown before the penalty is taken. The penalty taker is allowed one step before striking the ball.
- Where either side has breached these rules to their advantage, the penalty will be re-taken



Corners

When the whole of the ball passes over the goal line, either on the ground or in the air, the opponents of the player who last touched the ball are awarded a corner. After the ball is in play, the kicker touches the ball a second time before it has touched another player a free kick is awarded to the opposing team, taken from the place where the infringement occurred.

Method of scoring

A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, unless it has been thrown, carried or intentionally propelled by the hand or arm by a player of the attacking side, the goalkeeper included.

Penalty Shootout

In the event of a draw in the knockout stage the match result will be determined by a penalty shootout.

- The referee will determine who takes the initial penalty, either by coin toss or by a predetermined schedule.
- The shootout will be a best of five kicks. If scores are still tied it will go to sudden death.
- Each kick will be taken in the general manner of a penalty kick.
- Only players who are on the field at the end of play are permissible to take penalty kicks, substitutes are not permitted.

Fair Play

- For the safety of all players, slide tackles are not allowed.
- Violent and aggressive play; unsporting behaviour; and foul and abusive language will not be tolerated. Players exhibiting such behaviour will be penalized by the referee.
- The referee may punish infringements with a yellow or red card. A yellow card will result in the player being sin-binned for two minutes, in which time they may not be replaced by another player. The sin-binned player may only re-enter the field of play when the referee indicates they may do so.
- Where a player is given a red card, they must leave the field immediately and may play no further part in the game. They may not be replaced by another player.
- In the event of persistent or extreme abuse or bad behaviour, the referee has the power to abandon the game which may result in the disqualification of one or both teams from the competition.



8. Netball

Playing the Game

Starting or restarting the Game - centre pass

- 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, and must obey the footwork rule after the whistle has been blown. (**NB:** if the Centre is on one foot, the other must not have contact with the ground outside the Centre Circle.)
- 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, landing in, or jumping from a stance in the Centre third.
- If, at a centre pass, the ball is still in the Centre's hands and no player from that team has been penalised before the whistle was blown to end the quarter/half, the centre pass will be ruled as not taken.
- All other players are in their respective goal thirds and are free to move but must not enter the centre third until the whistle has been blown to start play.

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 – the landing foot remains grounded, and pivoting is allowed. 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.

Scoring a Goal

Only the Goal Shooter or Goal Attack can score – they must be completely within the circle when the ball is received in order to shoot for goal.

Leaning on or moving the goalpost whilst a shot is being taken will result in a free pass.



Upon shooting, if the ball does not make contact with the rim the shooter should not catch the ball again to reshoot - this is considered repossession, resulting in a free pass to the opposition.

Toss up

This is administered for all simultaneous infringements. The two players stand to face each other, in the direction of their team play, 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.

Obstruction

- The player with the ball: the Defender may jump to intercept or defend the ball from a 0.9m (3ft) distance.
- The player without the ball: the Defender may be close, but not touching, provided that no effort is made to intercept or defend the ball. **Arms should be outstretched and above the ball**, and 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.

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.

Player Outside the Court

- A player may jump from a position inside the court and throw or bat the ball before landing outside the court.
- A player having no contact with the ball may move into the court surround provided this is done solely for the purpose of repositioning back onto the court.
- Sanction: Free pass on court (near where the player left the court)

A **PENALTY PASS** (or **PENALTY SHOT** if in the shooting circle) is awarded for the above infringements (obstruction, contact, player outside of court) this is taken from where the infringement occurred. The offending player must stand beside the penalty taker, out of play, until the ball has been released.

Duration

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

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. Halftime	One long whistle
E. End of Match	Two short followed by one long whistle



Rules Summary

Court Areas

Offside: Player moving out of their own area, with or without the 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 (within 3 seconds) by a throw-in taken from a point outside the line where the ball left the court.

NOTE:

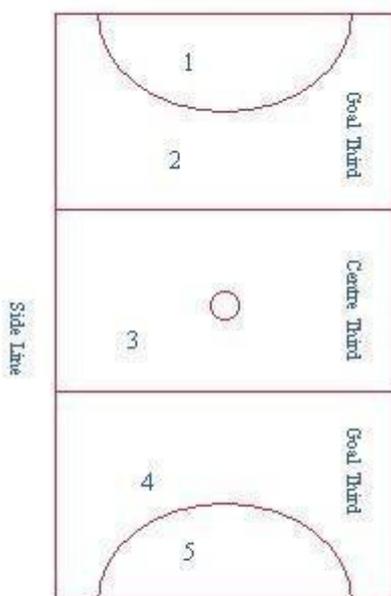
No long fingernails and jewellery must not be worn.

The bottom of your shoes should not contain any sharp material.

The duration time is provisional and subject to change.

PLAYING POSITIONS

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



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



9. Badminton

For all stages, a Yonex Blue Band Medium **plastic** (or similar) 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 same server serves again from the alternate service court.
- If the receiving side wins a rally, 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 they 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 no line markers are present, the decision of a shuttle falling outside the boundaries is based on the referees' judgement.

POINTS - UP TO THE SEMI-FINALS

- Play to 15 points for all games.
- All matches will be played best of one game.
- If the score is level at 14 all, the side scoring the 15th point wins that game.

POINTS – SEMI-FINALS AND FINALS

- Number of points to be played to is at discretion of the Head of Sport.
- All matches will be played best of three games (first to win two games). However, this will be at the discretion of the Head of Sport.
- If the score is level at 20 all, the person who scores two clear points first wins the game. If 25 all, the side scoring the 26th point wins that game.
- In the third game, the players change ends when the leading score reaches 11.
- The side winning the toss shall be able to choose one of the following options. The side that loses the toss can choose from either of the remaining options.
 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 the return of service is attempted.
- The server and the receiver 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 crossing the short service 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.
- A let (replay of the point) is called when any unusual occurrence interferes with the play.

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 slung) 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 either in service or play, the shuttle falls outside the boundaries of the court, or passes through or under the net, or touches the roof or side walls.



SUITABLE DRESS

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



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