



# **2024 SEPAK TAKRAW (KATO) PLAYBOOK**



The Hmong International Freedom Festival (a.k.a Hmong J4) will utilize USA Volleyball, set by the United States Volleyball, Inc. rules as a foundation; however, adjustments have been made to better suit the playing fields and participant skill levels.

#### **Coach/Manager Responsibilities:**

- ❖ **Review Modified Rules:** Please thoroughly review the modified rules within this playbook.
- ❖ **Explain Rules to Players:** Ensure all players on your team understand the adapted rules.
- ❖ **Compliance and Agreement:** Confirm that all players understand and agree to abide by the modified rules, including any potential changes implemented during the tournament.

#### **Final Decisions and Concerns:**

- ❖ Please be aware that the rules outlined for this event may be subject to change at the discretion of the sports lead. Any such changes will be communicated clearly to all participants before the event begins.
- ❖ **Referee's Decisions are Final:** Please respect the referee's judgment on the field.
- ❖ **Reporting Concerns:** If you have any concerns about the modified rules **prior to** the start of your game, please contact the Kato Lead, **Alex Vang at (651) 788-3267**.

#### **Additional Resources:**

We encourage coaches and managers to discuss any questions or clarifications regarding the modified rules with their players. We look forward to a fun and competitive July Sports Festival!

#### **The Roster**

##### **Team Rosters and Player Identification:**

- ❖ To ensure eligibility and accurate record-keeping, all team members must be included on the registration form with their full legal name and date of birth.
- ❖ The coach or designated team representative acknowledges that this information will be available upon request to United Hmong Family, Inc. (UHF) and confirms its accuracy for all players participating.
- ❖ Only players listed on the official roster will be permitted to compete.

**Consequences of Non-Compliance:** Teams allowing unregistered players to participate risk forfeiture of prizes and potential suspension from the current and future tournaments.

#### **Verification of Eligibility:**

- ❖ UHF reserves the right to verify player eligibility through the registration form in case of complaints regarding age, participation on multiple teams, or unregistered players.
- ❖ Coaches and team managers are responsible for ensuring all team members meet age requirements and are properly registered.



## Celebrating Asian Culture and Heritage

Hmong International Freedom Festival (HIFF) is dedicated to fostering appreciation for Asian culture and heritage through the lens of athletic competition. We welcome athletes of all ethnic backgrounds to participate and showcase their skills.

Team Composition:

- ❖ To ensure a focus on Asian cultural representation during gameplay, *a minimum of 75% of actively participating players (on the court/field during a game) must be of Asian descent.*
- ❖ Definition of Asian Descent:
  - HIFF aligns with the U.S. Census definition of "Asian," which encompasses individuals with origins in the Far East, Southeast Asia, or the Indian subcontinent. This includes ethnicities such as Indian, Chinese, Filipino, Korean, Japanese, Vietnamese, Pakistani, Cambodian, Hmong, Thai, Bengali, Mien, Karen, and those categorized as "Other Asian."

## Sepak Takraw RULES

Sepak Takraw, otherwise known as Kato or Cane ball. All Players shall abide by this playbook.

**Applies to:** Any Division within Sepak Takraw

### Ball Requirements

- ❖ Considered as the most essential equipment of the game, the ball is spherical in shape and usually made of synthetic fibers. In some cases, a hand woven layer is also used. Initially, the ball was made up of rattan strips which were gradually replaced by synthetic strips.
- ❖ The ball has a maximum weight of 170-180 grams for men and 150-160 grams for women. The ball has a diameter of 5 inches.
  - Balls made *without synthetic rubber* must have 12 holes and 20 intersections with a maximum circumference of 42- 44cm for men and 43-45 cm for women.
- ❖ The ball may be single colored or multicolored.
  - Colors impairing a player's performance/vision are **not** allowed.
- ❖ In order to soften the impact of the ball on the player's body, the ball shall be made of synthetic rubber or other soft durable material that is approved by the sports lead.

### Court Requirements

- ❖ The court shall be flat, horizontal and uniform. The dimension of the court is 20' X 44' with different boundary lines drawn over it.
- ❖ Court borderlines should be 10 feet away from all obstacles. The net height at the center is around 5 feet 1 inch.
- ❖ Different parts and lines of the Sepak takraw court are as follows –



- **Center Line** – The central line is of 0.02 meter drawn in the middle of the court, dividing it into two equal halves.
- **Quarter Circles** – At each side of the central line corners, quarter circles with a radius of 3 feet are drawn.
- **The Service Circle** – Each half has a service circle from where the server serves the ball. Each of them has a radius of around 1 foot and the center of each circle is 8 feet from the back lines and 10 feet from the side lines.

### **Scoreboards:**

- ❖ 2 Scoreboards for both courts.
  - White board/markers as needed.

### **How will the game be played?**

- ❖ Double Elimination or All Round Robin System
  - Dependent on how many teams register

### **Clothing & Gear:**

- Court shoes (Required)
  - Any shoe with a flat surface at the instep.
- Optional:
  - Team Uniform
  - Elbow protection
  - Knees Protective Gear
  - Eyes glasses
  - Headband/sweatband

### **How to play**

The Hmong International Freedom Festival will utilize the Regu method of Sepak Takraw. (Regu – Three players on each side.)

1. In Regu, each team has three players including two substitute players. On the court, the team comprises of a **Striker**, a **Server**, and a **Feeder**. Each player possesses a different set of skills and tactics.
  - **Server:** The main job of the server or Tekong is to serve the ball. Prior to the match, each team must register with minimum 9 players or maximum 12 players. The server usually hits the ball with high speed across the net with great speed making it difficult for the opponent players to defend.
  - **Striker:** The striker or killer is responsible for executing the volleys into the opponent side with high speed. When the striker does not possess the ball, he usually tries to block high kicks from the opponent side.



- **Feeder:** The third type of player is the Feeder, who has the maximum control over the ball during the match. He is the most agile and responsive player in the team. The main job of the feeder is to set the ball in a suitable way for the striker to kick hard past the net. He can also hit the ball across the net. The server usually stands in the back whereas the striker and feeder take the front left side and front right side.
2. The game starts with a serve. The team that has to serve first is decided by tossing a coin. The winner of the toss can either choose to serve or choose to defend. The side that serves first starts the set.
  3. During the serve, the server must have one of his legs inside the service circle, whereas the other players must stay in their respective quarter circles.
  4. Either the feeder or the striker first tosses the ball to the server who then kicks the ball across the net to the opponent side with no foot in the service circle.
  5. Tossing the ball to the server must be done only after the referee announces the score. If the throw takes place before the score call, then the ball is again re-thrown and a warning is given to the team.
  6. A serve is called valid if it passes over the net to the opponent side inside the boundary before the boundary line of the opponent team. Whether it touches the net or not doesn't matter. Once the serve is done, the players are free to move in to any part of their respective court.
  7. In order to respond the serve, the defending team tries to again pass the ball across the net to the opponent side within three touches of the ball.
  8. Usually the feeder and the server move around the court to defend the serve of the opposition and set the ball for the striker to strike in two touches.
  9. The side that wins the first set has the option of choosing the service.
  10. The game continues till one of the team makes a fault. Once a fault is done by a team, the opponent team gets a point.
  11. When the ball is not in play, each team is entitled to a tactical timeout of one minute during the game. There are no automatic timeouts.
  12. During the timeout, **a maximum of six players are allowed on the base line.**
  13. In case a player gets injured and needs immediate treatment, the referee can suspend the game temporarily for 5 minutes. If after the 5 minutes, the player is still unable to play, he can be substituted with another player OR at the discretion of the sports lead.

### **Scoring**

1. Regu comprises of three sets of game with each set having 21 points. Three back to back matches are played using different players for Regu.
2. The winner is determined by best of three sets. Once a set is over, the teams change their side and the team which lost the previous set serves first.
3. If both teams are at 20-20 at the end of the game, the game is extended up to 25 points and the first team to be ahead by 2 points wins the set.



- a. When a team wins two sets, the match is won. If any of the team doesn't win two back to back matches, the third match which is also called the tie-breaker match, only has the target of 15 points.
4. ***Before a tie-breaker match takes place***, again a coin is tossed by the referee and the winner of the toss chooses to either serve or defend.
  - a. After 7 points during the tie-breaker match, the teams change sides. In case of a tie-breaker match, if both teams are at 14-14, then the match is extended up to 17 points and the first team to be ahead by 2 points wins the match.

### **Substitution**

1. During the matches, A player can be substituted at any time on request made by the team **when the ball is not on play**.
2. Substitution of 3 players at time or when a set is over is **NOT** allowed.
3. Limited to 2 substitutes, per team, per set allowed during a match.

### **Sepak Takraw - Shots and Techniques**

- ❖ Inside Kick
- ❖ Outside Kick
- ❖ Knee Kick
- ❖ Header
- ❖ Horse Kick Serve
- ❖ Sunback Spike
- ❖ Roll Spike

### **Sepak Takraw - Faults**

During a set in a match, the game continues till any of the teams make a fault. It is considered as fault if:

1. A player fails to pass the ball to the opponent team within three touches.
2. The ball hits the ground before being kicked off to the other side.
3. The ball lands out of bounds.
4. The inside player plays the ball after the score call before passing it to the server.
5. The inside players lift their foot, cross the quarter circle, or touch the net during tossing of the ball before the serve.
6. The server jumps off the ground during a serve.
7. The server fails to kick the ball once it is tossed by the inside players.
8. The ball does not go to the opponent's side after serving.
9. The players use any other part of the body besides the legal ones.
10. The ball hits the hand or arm of a player.
11. The players shout during the game.
12. The player touches the ball at the opponent's side.
13. Any body part crosses under or over the net.
14. The player holds the ball under the arm or between the legs.



## **Sepak Takraw - Penalties**

In order to make a match free from any controversy, players are enforced with different penalties in order to behave appropriately and with proper sportsmanship during the game.

### **❖ Yellow card cautions:**

- If the player is showing unsporting behaviors which are against the norms of the sports ethics.
- If the player is persistently breaking the laws of the game.
- If the player is delaying the restart of the game.
- If the player enters or re-enters or deliberately leaves the court without taking referee's permission.

### **❖ Red card cautions:**

- If the player is guilty of serious foul play.
- If the player is guilty of violent conduct by deliberately trying to injure his opponent players.
- If the player either spits or uses any offensive language against any of the opponent players.
- If the player gets two yellow cards in the same game.

Disciplinary actions are taken against any misconduct or disturbances committed by any team officials in or outside of the court. Disciplinary action is at the discretion of the sports lead.

### **Referee: 4 Referees per game**

1. One blows the whistle, watches the net, serve, line for fault(s), and make calls,
2. One keeps score
3. Two watches the lines on each side.

### **Challenging the Game or Fault called for Reserve or Replay?**

- ❖ Only the Team Captain, Coach or Manager can challenge the call.
  - If a team does not have a captain, coach, or manager, they cannot Challenge the other team, other players or Referee for Reserve or Replay on the Game.

**For any unresolved conflicts of a game, the team captain, coach or manager shall consult with the sport lead. All decisions made by the sport lead are final.**

### **Temporary Suspension of the Game:**

1. Lunch Break for players and Referees
2. A severe injury (maximum time out 5 minutes) depending on the circumstances.
3. There is Rain/thunderstorm, Tornado, lightning, or related emergencies.



### **Other rules & Regulations:**

- ❖ Players not listed on a team roster, shall not enter the court or participate in a match at any time.
- ❖ No soccer shoes allowed
- ❖ No children, pregnant women coming to the court at any time
- ❖ No drinking Alcohol or Smoking in the court
- ❖ No chewing tobacco, gum or eating food while the in court
- ❖ Shorts & shoes must be worn at all time
- ❖ No rings, jewelry, piercing, wrist watch, necklace, bracelet, earrings, hat during the game

### **Expectations & responsibilities of Coaches and Managers**

- ❖ Safety of your players
- ❖ You are responsible to make sure each player on your team is healthy to play the game.
- ❖ You are responsible to make sure each player on your roster is playing for only your team.
- ❖ You are responsible to make sure your players' names are legally spelled.
- ❖ You are responsible to make sure your players understand the rules, and follow the referees' directives.
- ❖ It is illegal for a team or player to solicit illegal activity while participating in this tournament.
- ❖ Alcohol will not be allowed on the field or near the field.
- ❖ Players under the influence of drugs or alcohol will be disqualified from that game.
- ❖ You enter this tournament with an agreement to comply with the rules above.
- ❖ ***The manager “main team representative” who signed the application will be liable for his/her player's conduct during the time participating in this tournament.***

### **Automatic team disqualification**

- ❖ Age falsification after the start of the first game of the tournament
- ❖ One player plays for two teams
- ❖ Every player must have his/her legal ID with him/her.
  - Referees will not delay the game for ID check longer than 5 minutes.
  - No proof of identification within five (5) minutes, the referee can disqualify the team/player.

### **Nonrefundable fees**

- ❖ Registration fee is not refundable under any circumstances. (at UHF's discretion)
- ❖ Registration fee must be paid in full and by the deadline.

### **Prize Distribution:**

- ❖ **Prize checks will be issued to the designated "Main Team Representative." UHF is not responsible for distributing prize money amongst team members.**
- ❖ The disbursement of prize checks by UHF will commence 30 business days following the conclusion of the event.





- ❖ The Main Team Representative must submit a W-9 tax form to UHF upon winning. Prize disbursement will be withheld until the W-9 is received.

In the situation a team is disqualified during the semi or final game, that team will receive no prize or trophy. The host holds the right to keep the prize of that place defaulted by the disqualified team. No other team will be awarded that prize.

The managers who signed the registration form have agreed to abide by this rule.

- ❖ *Warnings: United Hmong Family, Inc. and the volleyball lead are not responsible for any injuries, loss, stolen properties, and/or bodily harm while you are participating in this tournament*

