Sepak Takraw

- Takraw is best described as “Kick Volleyball” or “Soccer-Volleyball”.
- It officially came on the scene as a net game in the mid-1940’s in Malaysia, eventually spreading world-wide from there.
- Like in Volleyball there are passes, sets, spikes, and blocks—but all without the use of hands or arms!
- Now Malaysia’s national sport, Sepak Takraw was first introduced as a demonstration event in the 1998 Commonwealth Games in Kuala Lumpur.
- A variation of Sepak Takraw in the Philippines called “Sepa” is also the national sport of that country.
- Because of the precision, athleticism and high-flying acrobatics that occur, Sepak Takraw has become an extremely exciting spectator sport that has been spreading around the world with some 30 countries already involved in 2003.
- The international Olympic Committee has formally viewed Sepak Takraw demonstrations with keen interest for potential consideration for future Olympic games.
- There are Quarter circles at the front corners of each half of the court, at the centerline. There are service circles on each half of the court also.
- The takraw ball shall be spherical made up of synthetic fiber, or any other ISTAF approved materials.
- A match is played by two “Regus” each consisting of three players.
- One of the three players shall be near the back of the court and he/she is called a “Tekong” (Server). The other players shall be in front, closer to the net, one on the left side of the Tekong and the other on the right side. The player on the left is called a “Left Forward” and the player on the right is called a “Right Forward”.
- Each “Regu” shall consist of a minimum of 3 players and a maximum of 5 (which is 1 “Regu” of 3 players plus 2 reserve players that may be substituted in if necessary).
- At the start of play, the players of both regus must be in their respective courts in a ready position.
- The Tekong shall be standing with one of his/her feet inside the serving circle.
- Both of the forward players of the serving side must be standing in their respective quarter circles.
- The opponent or receiving regu is free to be anywhere within its court.
- At the start of the game the Court Referee will toss a coin or disc in front of the captains and the Regu winning the toss shall have the option of “Choosing Service” or “Choosing Side”.
- The Regu that serves first shall start the first set. The side that wins the first set shall begin serving in the second set.
- The throw or pitch of the Takraw ball from “Forward” player to the “Tekong” must be executed as soon as the Referee calls the score.
- During service, as the Tekong kicks the ball, all players are allowed to move around freely in their courts.
- The service court is the badminton lines wide and long.
- There is rally scoring. When either Serving Regu or Receiving Regu commits a fault, a point and the next service is awarded to the opposing side.
- The winning point for a Set is 21 points and need to win by 2. A match is played in two or three sets. If the third set is needed, the set is to 15 and win by two.
- Faults: (Point awarded to other Regu and loss of serve if serving)
  - The Tekong does not kick the ball over the net from the service toss.
  - The ball falls to the ground inside or outside of the court.
  - The ball is hit more than three times in succession by one side.
  - The ball hits the net but does not go over it.
  - The ball hits the hand or arm of a player.
  - A player touches the net or crosses over or under their side of the net except during the follow-through after striking the ball from one’s own side.
  - The ball stops or is stalled on any part of the body instead of bouncing off.
  - The ball touches the Tekong’s own player before crossing over the opponent’s court.

✓ Make note: that one player may hit the ball twice, or even three times consecutively.