INTERNATIONAL INDIACA ASSOCIATION (IIA)

Extract of OFFICIAL INDIACA RULES (OIR)

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Extract of OIR is giving the basic conditions of how to play Indiaca

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GAME CHARACTERISTICS

Indiaca is a sportgame played by two teams on a court divided by a net. A special Indiaca ball is used for playing Indiaca. Indiaca is played with one hand, except when blocking and defending against an attack hit. The game is very dynamic, emotional and suits well players of different ages and physical preparedness.

The object of the game is for each team to send the Indiaca ball regularly over the net in order to ground it on the opponent's court, and to prevent the ball from being grounded on its own court. A team is entitled to hit the ball three times (in addition to the block contact) to return it to the opponent's court.

The ball is put into play with a service, the server hits the ball over the net to the opponent's court. The rally continues until the ball touches the ground, players body except hands and arms up to the elbows, goes "out" or a team fails to return it properly.

In Indiaca, a team who wins a rally scores a point and gains the right to serve. When the receiving team gains the right to serve, its players rotate one position clockwise. Rotation ensures that players play both at the net and in the back zone of the court.

1 Playing Area

1.1 The playing court is rectangular and measures 16 m x 6,10 m. It is divided by the centre line into two team courts (8m x 6,10m). The ground must be horizontal and flat.

1.2 All lines on the court must be clearly marked. They must be 4 – 5 cm wide.

1.3 End lines and sidelines are part of the playing court. The centre line is part of both team courts. The service zone is behind the end line, limited by the extension of the sidelines and the end of the free zone.

1.4 A free zone surrounds the playing court.

1.5 Attack lines are drawn on each team's court 3 m from the centre line. The zones between them and the centre line (including the lines) are called "attacking zones". The attacking zones are considered to extend beyond the sidelines to the end of the free zone.

2 NET AND POSTS

2.1 A net is placed vertically over the axis of the centre line. The net must be at least 610 cm long and 80 cm high and not higher than 120 cm, and is made of 4-5 cm square mesh.

2.2 The height of the net has to be:

Men:	235 cm
Women:	220 cm
Mixed:	225 cm

The national federations are allowed to adjust a special height of the net for youth- and senior-classes.

2.3 The net posts have to be fixed at least 50 cm outside of the sidelines. They must not inhibit the referee.

2.4 Side bands: Two white bands, 3-5 cm wide and 80-120 cm long, are fastened vertically to the net and placed directly above each sideline. They are considered to be part of the net.

2.5 Special competition rules can demand two antennae, that delimit the space in which the Indiaca has to cross the net.

3 PLAYING EQUIPMENT – INDIACA

3.1 The Indiaca must be without outer damages and must have four unbroken feathers.

4 TEAMS

4.1 A team is composed of players and substitutes. A maximum of ten different players may be used in a match.

4.2 A playing team consists of five players on the court. However, a team is also qualified to play with only four players. Special competition rules can demand five players.

4.3 In mixed teams there must be at least two men and two women on the court.

4.4 Players are not allowed to play in more than one team during a tournament. Special competition rules can allow that players can play in two disciplines (men and mixed or women and mixed) in a given competition.

4.5 One player is named team captain before the start of a match and is the only spokesman of the team.

4.6 The team should wear a uniform playing kit.

4.7 Each team may substitute two players in each set. Replaced players are not allowed to return in the same set.

4.8 Expelled players are not allowed to be replaced in the same match.

4.9 Substitutions can only be made when the Indiaca is out of play with prior notice, given to the referee.

5 LEADERS OF THE TEAM

The leaders of the team are the team captain and the coach who are responsible for the conduct and discipline of their team members.

6 POINT, SET AND MATCHWINNER

6.1 To score a point

6.1.1 A team commits a fault by acting contrary to the rules. The referee judges the faults and determines the consequences according to these rules. If two or more faults are committed successively, only the first one is counted. If two or more faults are committed by opponents simultaneously, a double fault is called and the rally is replayed.

6.1.2 Consequences of a fault

The consequence of a fault is the loss of service. The opponent of the team committing the fault wins the rally and scores a point.

6.2 To win a set

A set is won by the team that

a. first scores 25 points. The play is continued until a two-point lead is achieved (27-25, 28-26, etc.)
b. has scored more points at the end of the set time in the match played with time control. If the points are equal, the set's final result is a draw. If the special competition has planned a decision (semifinal, final, etc.) there has to be a prolongation.

6.2.1 Special regulations for time control:

a. In a match played with time control the rally is finished by the time-up signal, neither team scores a point.
b. If there are extraordinary interruptions in the match (injury, etc.) the lost time has to be repeated. The referee has to announce the extra time to the teams.

6.3 To win a match

The match is won by the team that, according to the rules of the concrete competition,

a. in the matches played on points wins two or three sets,
b. in the matches played with time control achieves a higher score in the set(s) sum. If the points are equal, the match ends with a draw.

7 STRUCTURE OF PLAY

7.1 Service

The right to choose the first service in a match or the side of the court in the first set can be tossed for or it is regulated by special competition rules.

7.2 Positions

At the moment the ball is hit by the server, the players of each team must be within their own court in the correct positions (except the server).

7.2.1 The positions of players are numbered as follows:

The three players along the net are front-row players and occupy positions IV (front-left player), III (front-centre player) and II (front-right player).

The other two are back-row players occupying positions V (back-left player) and I (back-right player).

7.2.2 At the moment of the service the back-row players must be positioned outside the front zone and further back from the net than the front-row players. The front-row and back-row players must

occupy positions according to the Rule 7.2.1. in succession.

7.2.3 The positions of the feet during take-off or while standing are decisive.

7.2.4 The players of the serving team must not screen the opponents from seeing the contact for service or the path of the ball.

7.2.5 Once the ball has been served, the players may move around and occupy any position on their own court and on the free zone.

7.2.6 The team commits a positional fault if any player of the team is not in his/her correct position at the moment the ball is hit by the server.

7.3 Rotation

When the receiving team has gained the right to serve its players rotate one position clockwise.

7.3.1 A rotational fault is committed when the service is not made according to the rotation order. It leads to the following consequences:
a. the opposite team scores a point,
b. the opposite team wins the service,
c. the players are directed to their correct positions.

8 SUBSTITUTION OF PLAYERS

A substitution is the act by which a player leaves the court and a substitute player occupies his/her position. The referee's authorization is needed for substitution.

8.1 Limitation of substitutions

Two substitutions are the maximum permitted per team per set. One or two players may be substituted at the same time. During the substitution the positions of the other players must remain the same. Substitutions are not permitted in games with time-control.

9 PLAYING ACTIONS

9.1 Ball in play

The ball is in play from the moment of the hit of the service authorized by the referee.

9.2 Ball out of play

The ball is out of play at the moment of the fault which is whistled by the referee, in the absence of a fault at the moment of the whistle.

9.3 Ball "in"

The ball is "in" when the pad of the Indiaca ball touches the floor of the playing court including the boundary lines.

9.4 Ball "out"

The ball is "out" when
a. the pad of the Indiaca touches the floor completely outside the boundary lines,
b. any part of the ball touches the ceiling, an object outside the court or a person out of play,
c. any part of the ball touches the antennae, posts or ropes, or the net outside the white sidebands,
d. the ball crosses the vertical plane of the net outside the crossing space.

10 PLAYING THE BALL

Each team must play on their side of the court and free zone.

10.1 Team Hits

Each team is entitled to a maximum of three hits for returning the ball over the net (in addition to blocking, Rule 15). If more than 3 hits are done, the team has committed a fault "four hits". The hits of the team include not only intentional hits by the player, but also unintentional contacts with the ball.

10.2 Consecutive contacts

A player may not hit the ball two times consecutively except for blocking (Rule 15.2.).

10.3 Characteristics of the hit
a. The ball must be hit cleanly, not guided, held and/or thrown. It can rebound in any direction.
b. The ball must not touch any part of the body except the hand or the arm up to the elbow.
c. The ball may be touched with one hand or with the arm up to the elbow.

10.4 Playing with one hand

The Indiaca is played with one hand, except when blocking (R. 15) or defending against an attack hit. In

these cases playing with both hands is allowed.

10.5 Faults in playing the ball

a. Four hits: a team hits the ball four or more times before returning it (Rule 10.1.).
b. Assisted hit: a player takes support from a team mate or any structure/object in order to reach the ball within the playing area.
c. Held ball: a player does not hit correctly, but guides, holds or throws the ball.
d. Double contact: a player hits the ball twice in succession or the ball contacts various parts of his/her body successively.
e. Ball touches the body: a ball touches the player's body (except for the hand or arm up to the elbow).
f. Play with both hands: both hands of a player are touching themselves in the moment of the hit (except when blocking or defending against an attack hit).

11 BALL AT THE NET

11.1 Ball crossing the net

The ball sent to the opponent's court must go over the net within the crossing space. The crossing space is the part of the vertical plane of the net limited as follows: below, by the top of the net, at the sides, by the imaginary extension of the side bands/antennae, above, by the ceiling.

11.2 Ball touching the net

During the game the ball may touch the net while crossing it except during the service.

11.3 Ball in the net

A ball driven into the net may be recovered within the limits of the three team hits. A ball touching the net during the service is considered as lost.

12 PLAYERS AT THE NET

12.1 Reaching beyond the net

A player is not permitted to pass his/her hand beyond the net.

12.2 Crossing over the centre line under the net

Trespassing over the centre line under the net by any part of the body is considered as a fault.

12.3 Contact with the net

Contact with the net is a fault.

12.4 Player's faults at the net

a. a player intrudes upon the opponent's space in the air, over or under the net,
b. a player intrudes into the opponent's court and free zone,
c. a player touches the net, antennae, ropes or posts.

13 SERVICE

The service is the act of putting the ball into play by the right back-row player in the service zone.

13.1 First service in a set

The first service of the first set and the deciding set is executed by the team which has chosen the right to the service by the toss.

The other sets will be started with the service of the team that did not serve first in the previous set.

13.2 Service order

a. when the serving team wins the rally and scores a point, the player who served before (or his/her substitution) serves again,
b. when the receiving team wins the rally and scores a point, then this team rotates before serving. The player who moves from the right front-row position to the right back-row position will serve (the other players rotate clockwise one position).

13.3 Authorization of the service

The referee authorizes the service after having checked whether the server is in possession of the ball and that the teams are ready to play.

13.4 Execution of the service

13.4.1 For execution of the service the player holds the Indiaca at the place where the feathers are connected to the ball with one hand, and holding the ball lower than his/her hips, hits against the ball with the other hand, directing it

over the net to the opposite court. The service is executed at the moment the ball is flying off from the hitting hand.

13.4.2 At the moment of the service hit, the server must not touch the court (the end line included) or the floor outside the serving zone. After hitting the ball, the server may step to any place on the team's court and free zone.

13.4.3 A service executed before the referee's whistle is cancelled and repeated.

13.5 Serving faults

13.5.1 The following faults lead to a change of service even if the opponent is out of position:
a. the server violates the service order,
b. the server does not execute the service properly.

13.5.2 Serving faults after the service hit

After the ball has been correctly hit, the service becomes a fault if the ball:
a. touches a player of the serving team or fails to pass through the crossing space,
b. touches the net or an antenna or other external objects,
c. goes "out",
d. passes over a screen

14 ATTACK HITS

All actions which direct the ball towards the opponent's court, except service and block, are considered to be attack hits.

14.1 Restrictions of the attack hits

14.1.1 The front-row player may complete an attack hit at any height and from any place on the court or in the free zone, provided that the contact with the ball has been made within the player's own playing space.

14.1.2 A back-row player may complete an attack hit at any height from behind the front zone whereby:
a. at the take-off his/her foot (feet) must neither have touched nor crossed over the attack line,
b. after his/her hit he/she may land within the front zone.

14.1.3 A back-row player may also complete an attack hit from the front zone, if at the moment of the contact the ball is below the top of the net.

14.1.4 No player is permitted to complete an attack hit directly on the opponent's service, when the ball is in the front zone and above the top of the net.

14.2 Faults during an attack hit:
a. a player touches the ball within the playing space of the opposite team,
b. a player hits the ball "out",
c. a back-row player completes an attack hit from the front zone and the ball is above the top of the net at the moment of the hit,
d. a player completes an attack hit directly on the opponent's service, when the ball is in the front zone and above the top of the net.

15 BLOCKING

Blocking is the action of players close to the net to intercept the ball coming from the opponent by raising both hands higher than the top of the net. Only front-row players are permitted to complete a block. A collective block is executed by two or three players close to each other and is completed when the ball touches the block.

15.1 Blocking within the opponent's space

Also in blocking the player is not permitted to place his/her hands and arms beyond the net.

15.2 Block and team hits

A block contact is not counted as a team hit. After a block contact, a team is entitled to three hits to return the ball. The first hit after the block may be executed by any player, including the one who has touched the ball during the block.

15.3 Blocking the service

It is prohibited to block the opponent's service.

15.4 Blocking faults:
a. the blocker places his/her hands or arms beyond the net,
b. a back-row player completes a block or participates in one,
c. a player blocks the opponent's service,
d. the ball is sent "out" off the block.

16 REGULAR GAME INTERRUPTIONS

16.1 Number of regular interruptions

Each team is entitled to a maximum of two time-outs and two player substitutions per set in a match played on points.

There are no interruptions in a match played with time control.

16.2 Time-outs

A time-out lasts for 30 seconds.

16.3 Improper requests

It is improper to request regular interruptions

a. when the ball is in the rally, at the moment of, or after the whistle to serve,
b. by non-authorized team members,
c. for player substitution before the game has been resumed from a previous substitution by the same team,
d. after having exhausted the authorized number of player substitutions and time-outs.

17 GAME DELAYS

An improper action of a team that defers resumption of the game is a delay (delaying a substitution, delaying a service, improper requests, etc.).

17.1 Sanctions for delays

The first delay by a team in a set is sanctioned with a "delay warning" (green card). The second and subsequent delays of any type by any player or other member of the same team in the same set constitute a fault and are sanctioned with a "delay penalty" (yellow card): loss of service, the opponent team scores a point.

18 EXCEPTIONAL GAME INTERRUPTIONS

18.1 At serious accidents or external interference the referee has to stop the game immediately. The service is repeated.

19 CHANGE OF COURTS

19.1 After each set, the teams change courts, with the exception of the deciding set.

19.2 In the deciding set of the match played on points (3. or 5.), once a team reaches 13 points, the teams change courts without delay and the players' positions remain the same. If the change is not made at the proper time, it will take place as soon as the error is noticed. The score at the time that the change is made remains the same.

20 REQUIREMENTS OF CONDUCT

20.1 Sportsmanlike conduct

Participants must know the Official Indiaca Rules and accept referee's decisions without disputing them. In case of doubt, clarification may be requested only through the game captain. Participants must refrain from actions or attitudes aimed at influencing the decisions of the referee or covering up faults committed by their team.

20.2 Fair play

Participants must behave respectfully and courteously in the spirit of FAIR PLAY, not only towards the referee, but also towards other officials, the opponents, team-mates and spectators.

21 MISCONDUCT AND SANCTIONS

Incorrect conduct by a team member towards officials, opponents, team-mates and spectators has to be sanctioned by the referee by Warning, Penalty, Expulsion or Disqualification.

22 REFEREEING CORPS AND PROCEDURES

The refereeing corps for a match is composed of the following officials: referee and scorekeeper. If complementary rules are demanding a second referee, the tasks between referee and second referee are separated. Complementary rules also can demand two line judges.

23 REFEREE

23.1 Location

The referee carries out his/her functions seated or standing on a referee's stand located at one end of the net.

23.2 Authority

The referee directs the match from the start until the end. He/she has authority over all officials and the members of the teams. During the match his/her decisions are final. He/she is authorized to overrule the decisions of other officials, if he/she notices that they are mistaken. When needed, he/she may replace an official who is not performing his/her functions properly. He/she also controls the work of all assistants (for example floor wipers etc.).

24 SCOREKEEPER

The scorekeeper performs his/her functions seated on the opposite side of the court facing the first referee. The scorekeeper records the scores on the scoresheet according to the rules.

25 LINE JUDGES

Special competition rules demand special responsibilities for line judges.

26 OFFICIAL SIGNALS

26.1 Referee's hand signals (Diagram 1)

The referee must indicate with the official hand signal the nature of the fault called or the purpose of an authorized interruption. The signal is maintained for a moment, and if it is indicated with one hand, the hand corresponds to the side of the team which has made a fault or a request.

26.1.1 Immediately after the whistle to signal the end of the rally due to a fault, the referee indicates:

- the nature of the fault called
- the player at fault (if necessary)
- the team to serve.