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### **TERMS & CONDITIONS:**

- ❖ The schedule is subject to changes.
- ❖ Each participant will be awarded certificate of participation
- ❖ Events are subject changes depending on number of participants
- ❖ Awarding of medals will depend on number of participants (bronze medals may not be awarded in cases of shortage of participants)
- ❖ Closing date for registration is 13 April 2014, 5pm
- ❖ Registration fees: RM 4/participant except for some events listed below.
- ❖ For badminton, registration fee is RM 7/participant
- ❖ For tug of war, registration fee is RM 10/team
- ❖ For tennis, the registration fee is RM 5/ participant
- ❖ In case the minimum quota of participation is not filled up, the event can be called off
- ❖ Referees decision is final and any forms of appeal to change the decision will not be accepted.

- ❖ All matters stated here are subjected to the rules and regulation of MEDSA. MEDSA reserves the right to change or modify any rules without prior notice.
- ❖ Any loss of the participants including loss of belongings, health or life shall not be the liability of MEDSA. \*Referee, event manager or MEDSA officials reserve the rights to change any match timings.
- ❖ **Any participant/ team who induce any form of fight before, during or after the event will be strictly penalized from participating in the event.**

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# MEDSALYMPICS SCHEDULE 2014

*\*Subject to changes*

No	Date	Time	Students	Staffs
1	15/04/2014 Tuesday	5.00 pm 5.00 pm	Track Events (100m, 200m, 400m) Squash	
2	16/04/2014 Wednesday	5.00 pm 5.00 pm 6.00 pm	Basketball Netball	Badminton
3.	17/04/2014 Thursday	5.00 pm 8.00 pm	Track Events (1500m, 4x100m, 4x400m, 8x100m) Table tennis	
4.	18/04/2014 Friday	5.00 pm 5.00 pm 5.00 pm	Futsal Tennis Swimming	
5.	19/04/2014 Saturday	9.00 am 5.00 pm	Badminton Futsal (finals)	
6	20/04/2014 Sunday	10.00 am 2.00 pm 5.00 pm 7.00 pm	Tug Of War Closing Ceremony	Slow Jog Table Tennis Tug Of War Closing Ceremony

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# BASKETBALL



## Men's 3on 3 Basketball

1. Each team consists of three (3) players and one (1) substitute. The substitution of player will only be allow for the next game, serial injury in the current game , or the starting in the second half of the game .
2. Every player including substitutes need to be in same coloured jerseys.
3. Coin toss will be used to determine which team will serve.
4. Each game is played in 15 minutes each. 1minute for half-time break in the particular match , no time out in the middle of game.
5. No holding, tripping, hitting or pushing is allowed. Scoring, Fouls and Violations according to FIBA to be applied. Referees control the game.
6. If a player commits five (5) or more fouls in a 15 minutes game, they will be sent off the court for the remainder of the match.
7. The event will run by league format. In a case of a tie, team with the highest scores wins.

Enquiries can be directed to:

Cher Chia Chee (016-7553627)

Sub-event Manager

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# BADMINTON



# TYPE OF PLAY

## Knockout

	Round 1	Round 2	Round 3	Final	
S1	1				
	2				
	3				
	4				
	5				
	6				
	7				
S4	8				
S3	9				Leg Champion
	10				
	11				
	12				
	13				
	14				
	15				
S2	16				

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## RULES AND REGULATIONS

### CONDITIONS OF PLAY

- (a) Play in any tournament shall not take place on days other than those specifically sanctioned.
- (b) No competitor shall be obliged to start a match before the scheduled time.

### ELIGIBILITY OF PLAYERS

- (a) Players must be students of AIMST UNIVERSITY
- (b) Players must be registered under the course code M.B.B.S. as of 2014
- (c) Players have paid an entry fee of RM 7

### CONDITIONS OF ENTRY

- (a) All entries for tournaments should close at least three days before the first day of play in the tournament.
- (b) Except at the discretion of the tournament committee concerned, no entries shall be accepted for any tournament unless they are made officially.
- (c) No entry shall be included in the draw for a doubles event unless forms have been received from both members of the doubles pair.
- (d) All entries should be accompanied by the appropriate entry fees, failing which they may be rejected. If at its discretion the tournament committee concerned should accept entries and/or fees after the closing date, there will be a surcharge of RM 7 per player.



- (e) No refund is due if withdrawal is within 36 hours of the published start time of the tournament.
- (f) No additional entry shall be accepted for any event at any tournament after the draw has been made.
- (g) A tournament committee shall, at its discretion, be permitted to restrict the number of entries in any event. The restriction of entries in tournaments shall be done on merit, however the tournament committee reserves the right to restrict entries using other criteria if it is in the interest of the tournament or where standard of competitors is not known.
- (h) No entry shall be excluded until after the entry date has closed.

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## **PENALTY SYSTEM**

The following penalty system shall apply to all tournaments  
Offences/Penalties

- |     |  |  |
|-----|--|--|
| i)  | Late arrival on court without proper reason                    | Penalty RM 1   |
| ii) | Failure to pay entry fee to any tournament sanctioned by MEDSA | Debarred from playing in all sanctioned tournaments. |

## **EXPENSES OF PLAYERS**

Players are required to pay RM 7 as an entry fee only. There shall be no objection to any tournament committee inviting a number of players to take part in the tournament at the expense of the promoting organisation, subject to the conditions in the MEDSA Statutes governing payments to players.

## **THE DRAW**

The draw shall be made randomly by drawing lots

## **QUALIFYING ROUNDS**

- (a) The players and pairs accepted into the qualifying rounds shall play for a predetermined limited number of places in the main draw, which shall not exceed one qualifier for each eight entries in the final main draw.
- (b) For all matches, the qualifying round and quarter finals, only ONE set shall be played. A maximum of 3 sets will be played for the semifinals and finals.
- (c) Players/pairs previously selected from the list of qualifiers, shall be selected in order of strength and placed on a reserve list. Vacancies in the main draw will be filled from this list, by lot if there is more than one vacancy.
- (d) The Referee may redraw a particular qualifying draw if it has been rendered significantly imbalanced and if play in that draw has not begun.



## **REFEREE**

- a) The Referee of a tournament shall be appointed in advance by the tournament committee or MEDSA.
- (b) It shall be the duty of the Referee, among other duties to:
- (i). Be in overall charge of the tournament.
  - (ii). Direct the schedule of matches.
  - (iii). Stipulate the speed of shuttles to be used for every match, and in making their selection shall bear in mind the changes necessitated by altering atmospheric conditions.
  - (iv). Scratch any player or players who shall be absent or unwilling to play when notified to do so, and in such a case a substituted entry or pair may be introduced, failing which the match shall be entered up as resulting in a walk-over for the opponent. The Referee shall have sole discretion to waive this rule.
  - (v). Settle any matters of dispute including but not restricted to the order of play, speed of shuttle; withdrawals and substitutions and clothing.
  - (vi). Fulfil the duties under MEDSA laws concerning misconduct, disqualification of players and appeals on questions of the Laws of Badminton.
  - (vii) The Referee (or a Deputy appointed by the Referee) must be present at all times in any hall in which matches are being played.
- (c) The decision of the Referee is final.

## **RULES OF PLAY**

### **Toss**

The rules of badminton states that a toss shall be conducted before a game starts. If you win, you can choose between serving first or to start play at either end of the court. Your opponent can then exercise the remaining choice.

## **SCORING SYSTEM**

**For Singles matches, the rules are:**

- A match consists of best of 3 games.
- The side that first scored 21 points shall win.
- The side winning a rally shall add 1 point to its score.
- If a score becomes 20-20, the side which scores 2 consecutive points shall win that game.
- If the score becomes 29-29, the side that scores the 30th point shall win that game.
- The side winning a game serves first in the next game.
- When one side reaches 11 points, both players get a 60 second break.
- Both sides get a 2-minute break between first and second games, and another 2-minute break between second and third game.
- Other rules shall remain the same.

## **For Doubles matches, the rules are:**

- One service only
- Back service line remains and the current rule applies.

The chart below explains the 3x21 rally point scoring system for doubles matches.

In a Doubles match between A&B against C&D. A&B win the toss and decide to serve. A will serve to C. A shall be the initial server while C shall be the initial receiver.

### **Change of ends**

The rules of badminton states that you have to change ends with your opponent after finishing the first game. If a third game was to be played, you shall change ends when the leading score reaches 6 in a game of 11 points or 8 in a game of 15 points.

## **Rules of Badminton - Singles**

### **Serving and receiving courts**

You shall serve from, and receive in, the right service court when you or your opponent has scored an even number of points in that game.

You shall serve from, and receive in, the left service court when you or your opponent has scored an odd number of points in that game.

You and your opponent will hit the shuttle alternately until a 'fault' is made or the shuttle ceases to be in play.

### **Scoring and serving**

You score a point and serve again from the alternate service court when your opponent makes a 'fault' or the shuttle ceases to be in play because it touches the surface of your opponent's side of court.

No points will be scored when you make a 'fault' or the shuttle ceases to be in play because it touches the surface of your side of court. The serving right will then be transferred to your opponent.

## **Rules of Badminton - Doubles**

At the start of the game, and each time a side gains the right to serve, the service shall be delivered from the right service court. Only your opponent standing diagonally opposite of you shall return the service.

Should your opponent's partner touched or hit the shuttle, it shall be a 'fault' and your side scores a point.

### **Order of play and position on court**

After the service is returned, either you or your partner may hit the shuttle from any position on your side of the net. Then either player from the opposing side may do the same, and so on, until the shuttle ceases to be in play.

### **Scoring and serving**

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If you are serving or receiving first at the start of any game, you shall serve or receive in the right service court when your side or your opponent's side scored an even number of points.

You shall serve from or receive in the left service court when your side or your opponent's side has scored an odd number of points.

The reverse pattern shall apply to your partner.

In any game, the right to serve passes consecutively from the initial server to the initial receiver, then to that initial's receiver's partner, then to the opponent who is due to serve from the right service court, then to that player's partner, and so on.

You shall not serve out of turn, receive out of turn, or receive two consecutive services in the same game, except as provided in service court errors and 'lets'.

### **Service court errors**

A service court error has been made when a player has served out of turn, has served from the wrong service or standing on the wrong service court while being prepared to receive the service and it has been delivered.

If a service court error is discovered after the next service had been delivered, the error shall not be corrected. If a service court error is discovered before the next service is delivered, the following rules apply.

If both sides committed an error, it shall be a 'let'. If one side committed the error and won the rally, it shall be a 'let'. If one side committed the error and lost the rally, the error shall not be corrected.

If there is a 'let' because of a service court error, the rally is replayed with the error corrected. If a service court error is not to be corrected, play in that game shall proceed without changing the player's new service courts.

## Faults

The rules of badminton consider the following as faults:

- If the shuttle lands outside the boundaries of the court, passes through or under the net, fail to pass the net, touches the ceiling or side walls, touches the person or dress of a player or touches any other object or person.
- If the initial point of contact with the shuttle is not on the striker's side of the net. (The striker may, however, follow the shuttle over the net with the racket in the course of a stroke.)
- If a player touches the net or its supports with racket, person or dress, invades an opponent's court over the net with racket or person except as permitted.
- If a player invades an opponent's court under the net with racket or person such that an opponent is obstructed or distracted or obstructs an opponent, that is prevents an opponent from making a legal stroke where the shuttle is followed over the net.
- If a player deliberately distracts an opponent by any action such as shouting or making gestures.
- If the shuttle is caught and held on the racket and then slung during the execution of a stroke.
- If the shuttle is hit twice in succession by the same player with two strokes.
- If the shuttle is hit by a player and the player's partner successively or touches a player's racket and continues towards the back of that player's court.
- If a player is guilty of flagrant, repeated or persistent offences under Law of Continuous Play, Misconduct, Penalties.
- If, on service, the shuttle is caught on the net and remains suspended on top, or, on service, after passing over the net is caught in the net.

## Lets

'Let' is called by the umpire, or by a player (if there is no umpire), to halt play. A 'let' may be given for any unforeseen or accidental occurrence. The rules of badminton consider the following as 'lets':

- If a shuttle is caught in the net and remains suspended on top or, after passing over the net, is caught in the net, it shall be a 'let' except on service.



- If, during service, the receiver and server are both faulted at the same time, it shall be a 'let'.
- If the server serves before the receiver is ready, it shall be a 'let'.
- If, during play, the shuttle disintegrates and the base completely separates from the rest of the shuttle, it shall be a 'let'.
- If a line judge is unsighted and the umpire is unable to make a decision, it shall be a 'let'.
- A 'let' may occur following a service court error. When a 'let' occurs, the play since the last service shall not count and the player who served shall serve again, except where in situations where the Law of Service Court Errors is applicable.

*\*all matters stated here are subjected to the rules and regulation of MEDSA. MEDSA reserves the right to change or modify any rules without prior notice.*

*\*limited shuttlecocks are supplied, for convenience a personal stock of shuttles should be included in your badminton kit.*

*\*Any loss of the player including loss of belongings, health or life shall not be the liability of MEDSA.*

*\*Referee, Event manager or MEDSA officials reserve the rights to change any match timings.*

*\*Match timings are based on the time taken to finish each round and thus may vary from original timing.*

Enquiries can be directed to:

Nicholas Davarn (012-6117890)

Sub- Event Manager

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# SWIMMING





## SWIMMING EVENTS (RULES AND REGULATIONS)

- 1) Management of competition
- 2) Officials
- 3) Lanes
- 4) The start
- 5) Freestyle
- 6) Backstroke
- 7) Breaststroke
- 8) Butterfly
- 9) The race
- 10) Timing
- 11) Age group rules

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### 1) Management of competitions

At the MedSA swimming event, the MedSA committee should appoint the following officials for the control of the competitions:

- \* Referee
- \* Judges of stroke (time keeper)
- \* Announcer
- \* Starters
- \* Chief recorder

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The swimming pool and the technical equipment for MedSAlympics games shall be inspected and approved in due course prior to the swimming competitions by the swimming event organizer together with the technical swimming committee.

## 2) Officials

### *\* Referee:*

The referee shall have full control and authority over all officials, approve their assignments, and instruct them regarding all special features or regulations related to the competitions. He shall enforce all rules and decisions of the competitions and shall decide all questions relating to the actual conduct of the meet, and event or the competition, the final settlement of which is not otherwise covered by the rules.

\* The referee may intervene in the competition at any stage to ensure that the regulations are observed, and shall adjudicate all protests related to the competition in progress.

\* When using finish judges without three digital watches, the referee shall determine placing where necessary.

\* The referee shall ensure that all necessary officials are in their respective posts for the conduct of the competition. He may appoint substitutes for any who are absent, incapable of acting or found to be inefficient. He may appoint additional officials if considered necessary.

\* At the commencement of each event, the referee shall signal to the swimmers by a short series of whistles inviting them to remove all clothing except for swimwear, followed by a long whistle indicating that they should take their positions on the starting platform (or for backstroke swimming and medley relays to immediately enter the water). A second long whistle shall bring the backstroke and medley relay swimmer immediately to the starting position.

When the swimmers and officials are prepared for the start, the referee shall gesture to the starter with a stretched out arm, indicating that the swimmers are under the starter's control. The stretched out arm shall stay in that position until the start is given.

\* The referee shall disqualify any swimmer for any violation of the rules that he personally observes. The referee may also disqualify any swimmer for any violation reported to him by other authorised officials. All disqualifications are subject to the decision of the referee.

### *\* Starter:*

The starter shall have full control of the swimmers from the time the referee turns the swimmers over to him (SW 2.1.5) until the race has commenced.

\* The starter shall report a swimmer to the referee for delaying the start, for wilfully disobeying an order or for any other misconduct taking place at the start, but only the referee may disqualify a swimmer for such delay, wilful disobedience or misconduct.

\* When starting an event, the starter shall stand on the side of the pool within approximately five metres of the starting edge of the pool where the timekeepers can see and or hear the starting signal and the swimmers can hear the signal.

*\* Judges of stroke:*

Judges of stroke shall be located on each side of the pool

\* Each judge of stroke shall ensure that the rules related to the style of swimming designated for the event are being observed, and shall observe the turns and the finishes to assist the inspectors of turns.

*\* Timekeeper:*

The timekeeper shall record or examine the official time on the card for each lane.

\* Each timekeeper shall take the time of the swimmers in the lane assigned to him. The watches shall be certified correct to the satisfaction of the meet.

\* Each timekeeper shall start his watch at the starting signal, and shall stop it when the swimmer in his lane has completed the race.

\* Promptly after the race, the timekeepers in each lane shall record the times of their watches on the card, give them to the chief timekeeper, and if requested present their watches for inspection. Their watches must be cleared at the short whistle of the Referee announcing the following race.

**3) Lanes:**

\* Assignments of lanes shall be (number 1 lane being on the right side of the pool (0 when using pools with 10 lanes) when facing the course from the starting end) by placing the fastest swimmer or team in the centre lane in pool with an odd number of lanes, or in lane 3 or 4 respectively in pools having 6 or 8 lanes. In pools using 10 lanes, the fastest swimmer shall be placed in lane 4. The swimmer having the next fastest time is to be placed on his left, then alternating the others to right and left in accordance with the submitted times. Swimmers with identical times shall be assigned their lane positions by draw within the aforesaid pattern.

**4) The start:**

\* The start in Freestyle, Breaststroke, Butterfly and Individual Medley races shall be with a dive. On the long whistle (SW 2.1.5) from the referee the swimmers shall step onto the starting platform and remain there. On the starter's command "take your marks", they shall immediately take up a starting position with at least one foot at the front of the starting platforms. The position of the hands is not relevant. When all swimmers are stationary, the starter shall give the starting signal.

\* The start in Backstroke and Medley Relay races shall be from the water. At the referee's first long whistle (SW 2.1.5), the swimmers shall immediately enter the water. At the Referee's second long whistle the swimmers shall return without undue delay to the starting position (SW 6.1). When all swimmers have assumed their starting positions, the starter shall give the command "take your marks". When all swimmers are stationary, the starter shall give the starting signal.

\* Any swimmer starting before the starting signal has been given, shall be disqualified.

### **5) Freestyle:**

\* Freestyle means that in an event so designated the swimmer may swim any style, except that in individual medley or medley relay events, freestyle means any style other than backstroke, breaststroke or butterfly.

\* Some part of the swimmer must touch the wall upon completion of each length and at the finish.

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### **6) Backstroke:**

\* Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited.

\* At the signal for starting and after turning the swimmer shall push off and swim upon his back throughout the race.

\* Upon the finish of the race the swimmer must touch the wall while on the back in his/her respective lane.

### **7) Breaststroke:**

\* From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and on the same horizontal plane without alternating movement.

### **8) Backstroke:**

\* From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. Under water kicking on the side is allowed. It is not permitted to roll onto the back at any time, except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall.

### **9) The race:**

\* All individual races must be held as separate gender events.

\* A swimmer swimming over the course alone shall cover the whole distance to qualify.

\* The swimmer must remain and finish the race in the same lane in which he/she started.

\* No swimmer shall be permitted to use or wear any device or swimsuit that may aid his/her speed, buoyancy or endurance during a competition (such as webbed gloves, flippers, fins, power bands, or adhesive substances, etc.). Goggles may be worn.

## **10) Timing:**

\* Times recorded by Automatic Equipment shall be used to determine the winner, all placing and the time applicable to each lane. The placing and times so determined shall have precedence over the decisions of timekeepers.

## **11) Age group rules:**

\* All participants are not limited by age but competing against each other's batch.

\*All matters stated here are subjected to the rules and regulation of MEDSA. MEDSA reserves the right to change or modify any rules without prior notice.

\*Any loss of the participants including loss of belongings, health or life shall not be the liability of MEDSA.

\*Referee, event manager or MEDSA officials reserve the rights to change any match timings.

Enquiries can be directed to:

Angie Loh (014-7418707)

Sub- Event Manager

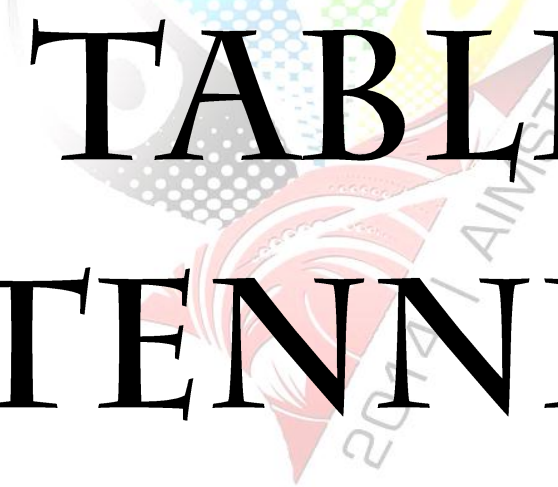
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# TABLE TENNIS

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## RULES AND REGULATIONS

- 1) Each participant is required to pay RM 4 registration fees.
- 2) There are 2 categories of games opened for registration. (Male & Female category)
- 3) For singles and doubles matches, match consists of best of 3 games. Side first scored 11 points shall win.
- 4) The tournament will be conducted according to “Knockout” method.
- 5) ONLY teams which submit the registration fee along with registration form are considered participant for the event.
- 6) Participants are not allowed to wear white or orange jerseys.
- 7) Referees decisions are not to be questioned by the players before, during or after match.
- 8) Anyone who induces any form of fight before, during or after the game will be strictly penalized from participating in the competition.**

Enquiries can be directed to:

Janindran (010-2489860)

Sub-Event Manager

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# ATHLETICS



## RULES AND REGULATIONS

- 1) Each participant is required to pay RM4 as registration fee. (RM16 FOR 4X100M & 4X400M; RM32 FOR 8X100M)
- 2) 8X100M consist of 4 males and 4 females.
- 3) If the number of participants for a particular event exceeds 6, it will be divided into 2 groups.
- 4) Each group runs separately and the top three fastest time will be chosen as the winner (no heats rounds).
- 5) If the number of participants for a particular event is 3 and below, the event will be called off.
- 6) Any participant who fails to be present on the particular day of the event will not be refunded.
- 7) Barefoot is allowed, but at the participants own risk.
- 6) Referees reserve the rights to eliminate any participant under any circumstances.
- 7) Referees decision is final.
- 8) Only participant who submit the registration form along with the fees is considered as a participant for the event.
- 9) **Anyone who induces any form of fight before, during or after the game will be strictly penalized from participating in the competition.**

Enquiries can be directed to:

Daneenthiran (016-3920761)

Sub-Event Manager

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FUTSAL

The background features a large, stylized futsal ball with a colorful, multi-colored pattern. Below the ball is a red and white logo for the MedSA 2014 AIMS-lympics, which includes a stylized flame or torch design.

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## RULES AND REGULATION

- 1) Limited to 7 players in a team. (including substitutes).
- 2) Limited to 2 teams (maximum) participation per batch.
- 3) Each participant is required to pay RM 4 registration fees. Hence, this makes it to a total of RM 28 per team. (RM4 x 7 players).
- 4) There are 2 categories of games opened for registration. (Male & Female category)
- 5) The tournament will be conducted according to “Knockout” or “league” style depending on the number of participation.
- 6) Timing Rules: 7 Minutes per half & 1 Minute Half Time (15 Minutes per game)
- 7) ONLY teams which submit the registration fee along with registration form are considered participant for the event.
- 8) Each team participating are required to bring jerseys (or tshirts) of 2 different colours to prevent 2 teams from having jerseys of similar colours during the game.
- 9) Referees decisions are not to be questioned by the players before, during or after match.
- 10) **Anyone who induces any form of fight before, during or after the game will be strictly penalized from participating in the competition.**

Enquiries can be directed to:

Haritharan (016-2257376)

Sub-Event Manager

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# TENNIS





## **RULES AND REGULATIONS**

- 1) Each participant is required to pay RM5.00 as registration fee per person. (for doubles each team has to pay RM10.00).
- 2) There are 2 categories of games opened for registration (Male-single & doubles : Female-single & doubles)
- 3) The tournament will be conducted according to “winner stay” method.
- 4) This tournament will follow Pro Set point rules with “tie break” which means a minimum of 6 games in one set with a difference of minimum 2 sets between the leading winner and the opponent must be achieved in order to win the match. Ex: 1-6 , 2-6, 3-6, 4-6
- 5) If the point is 5-6 then the games should be continued until a minimum difference of 2 point is achieved . Ex: 5-7, 6-8, etc
- 6) Those who submit registration fee along with registration form are considered participant for the event.
- 7) For each match, the contestants will be provided with only 2 balls (Wilson)
- 8) Participants have their freedom to choose between “court” or “serve” amongst themselves. This will be decided by the person in charge at the registration counter by flipping a coin.
- 9) Participants must be in proper sport attire and register their names at the registration counter on time. Their names will be removed from the participant list after calling their name 3 times verbally if they were unable to present themselves at the registration counter. (exception under certain circumstances)
- 10) Referees are not to be questioned by the participants before, during or after match. Further explanation regarding points should be brought forward to the event manager at the registration counter.
- 11) Anyone who induces fighting during the game will be strictly penalized from participating in the competition.**

Enquiries can be directed to:

Logindrrah (019-6844367)

Sub-Event Manager

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# NETBALL

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## Rules and regulations

1. There will be 10 PLAYERS in a team (7 main players and 3 reserves).
2. Players are allowed to change their player in second half ONLY unless any major injury. There is no limit to the number of substitutions that a team can make.
3. The game is for 20mins with 2mins break before we start the second half (10mins-2mins-10mins).  
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4. All the players must keep their nails short, tidy hair with proper attire.
5. Referee's decision is final.
6. We need atleast 2 teams to conduct the game and only gold medal will be awarded for the winning team. On the other hand, we need atleast 4 teams to award gold, silver and bronze medals.
7. Participants must be in proper sport attire and register their names at the registration counter on time. Their names will be removed from the participant list after calling their name 3 times verbally if they were unable to present themselves at the registration counter.(exception under certain circumstances)
8. Referees are not to be questioned by the participants before, during or after match. Further explanation regarding points should be brought forward to the event manager at the registration counter.
9. **Anyone who induces fighting during the game will be strictly penalized from participating in the competition**

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Enquiries can be directed to:

Heama (012-5249319)

Sub-Event Manager

MedSAlympics 2014

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# SQUASH

**MedSA**  
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# **RULES & REGULATIONS**

## **1 THE GAME**

Singles Squash is played in a court between two players, each holding a racket to strike the ball.

Each rally starts with a serve, and the players then return the ball alternately until the rally ends.

Play must be continuous as far as is practical.

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## **2 SCORING**

The winner of a rally scores 1 point and serves to begin the next rally.

Each game is played to 11 points, except that if the score reaches 10-all, the game continues until one player leads by 2 points.

A match is normally the best of 5 games, but may be the best of 3 games.

## **3 OFFICIALS**

A match should normally be officiated by a Marker and a Referee, both of whom must keep a record of the score, which player is serving, and the correct box for service.

If there is only one Official, that Official is both the Marker and the Referee. A player may appeal any call or lack of call made by that Official as Marker to that same Official as the Referee.

The correct position for the Officials is seated at the centre of the back wall, as close to that wall as possible and just above the out-line.

## **4 THE SERVE**

The player who wins the spin of a racket serves first.

At the beginning of each game and after each change of server, the server chooses from which service-box to serve. While retaining the serve, the server must serve from alternate boxes.

If a rally ends in a let, the server must serve again from the same box.

If the server moves to the wrong box to serve, or if either player is unsure of the correct box, the Marker must inform the players which is the correct box.

A serve is good, if:

- the server drops or throws the ball from a hand or racket and strikes it correctly on a first or further attempt before it touches anything else
- at the time the server strikes the ball, one foot is in contact with the floor inside the service-box with no part of that foot touching any boundary of that box
- the ball is struck directly to the front wall, hitting it between the serviceline and the out-line, but does not hit the front and side walls at the same time
- the ball, unless volleyed by the receiver, bounces for the first time in the opposite quarter-court without touching any line
- the ball is not served out.
- If the server drops or throws the ball, but makes no attempt to strike it, this is not a serve, and the server may start again.
- A let is allowed if the receiver is not ready to return the serve and does not attempt to do so. However, if that serve is a fault, the server loses the rally.
- If the server serves from the wrong service-box, and the server wins the rally, the rally stands and the server then serves from the alternate box

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## 5 THE PLAY

If the serve is good, play continues as long as each return is good, or until a player requests a let or makes an appeal, or one of the Officials makes a call, or the ball hits either player or their clothing or the non-striker's racket.

A return is good if the ball:

- is struck correctly before it has bounced twice on the floor
- without hitting either player, or their clothing or racket, hits the front wall, either directly or after hitting any other wall(s), above the tin and below the out-line, without having first bounced on the floor
- rebounds from the front wall without touching the tin; and is not out.

## 6 INTERVALS

A maximum of 90 seconds is permitted between the end of the warm-up and the start of play, and between each game.

Players must be ready to resume play at the end of any interval, but play may resume earlier if both agree.

Enquiries can be directed to:

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# TUG OF WAR

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## **RULES AND REGULATIONS**

1. Each team comprises of 5 males and 5 females. Each batch is allowed to send as many teams as they want.
2. Participants are not allowed to be in football boots or spikes.
3. Flour is not provided.

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Enquiries can be directed to:

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