

GAME CHARACTERISTICS

Tennikoit is a game, which is played either under daylight or under floodlights. It is played both indoor and outdoor by both the sexes. The game consists of both Singles and Doubles inclusive of Mixed Doubles. Singles is a two-player game, which is played by two players opposing each other. Doubles is a four player game, which is played by two teams of two players each, which play against each other. In the Mixed Doubles, one male and female shall form one team.

The Court dimensions, height of the net, specifications of the koit and other playing equipments are the same for Singles and Doubles for both sexes. But for the sub-juniors the height of the net shall be 1.67 meters (5 ½ ft.)

Tennikoit is a game played by two teams or two players on a playing court measuring 12.2 X 5.5 M.

The playing court is divided into two equal courts by a Centre Line. Above this line a net is placed at a certain height.

The goal of the player is to send the koit over the net, according to regulations, to the opponent's court.

The koit is set in motion through the 'Service' by a player by virtue of his winning or losing the toss at the commencement of first set and sent diagonally to the opponent's court over the net and the opponent(s) receive the koit over the net without any fault. The koit remains in play until it touches the floor, walls, ceiling or any other object or until a player commits a fault. A player shall have five Services in a row, no matter whether he takes or losses the point.

After the score is 20 a;; & after the 9 rally is introduced when the stipulated time limit of 15 min. expires, each player shall have only one service in turns.

The team or player who scores 21 points in a minimum advantage of 2 points over its opponent or in the event of the score becomes 20 each; the team/player who secures 22nd point first will be the winner of the set. The team which wins two sets out of three sets wins the match.

Koit is a ring made of white thin rubber sheet filled with foam rubber.

There are two types of championships:

1. Individual Championship for Singles and Doubles for both sexes and mixed doubles.
2. Team Championship is played on the basis of Davis cup pattern i.e., two singles, one doubles and two reverse singles. In the Team Championship each team consists of five players, one manager and coach, as fixed by the Tennikoit Federation of India from time to time.

World Tenniquoits Federation game Rules up to 2006

1. The net-height is 1.69 m.
2. The single –courts width is 4.60 m.
3. All other measures remain as before.
4. Net contact of the ring during the service is a fault.
5. Net contact of the ring while playing is no fault, if the ring doesn't wobble.
6. The downward shot is to be penalized strictly from the referee.
7. Delayed shots are to be penalized strictly from the referee.
That means: if you catch a ring before of aside your body, you have to throw it back immediately. If you catch the ring behind your body, you have to throw it back with a fluid motion without an interruption.
The weight of the WTF rings has to be between 190-220 grams.
8. A difficult catch is allowed because of his thrilling effect to the spectator.
9. Turn-rounds after difficult-catches (at the corner of the courts) is a fault.
10. A team for the WTF – team championship contains for 5 men and 5 women (including 1 reserve per sex).
11. A delegation of a country for the WTF Championships maximum contains max. 15 Persons(12 player, 1 delegate Manager, 1 Coach, 1 Referee) and minimum 13 persons (10 player, 1 Delegation Manager, 1 Coach 1, Referee)
12. The playing-made are 10 matches as following: 2 men-singles, 2 Women singles, 2 Mixed, 2 Men Doubles and 2 Women Doubles.
13. Each nation is allowed to send 4 men and 4 women to the single-championships.
14. Three of the four men and women must be members of the tem-delegation. 1 player of each sex is allowed to play only in the WTF-single-Championships.
15. The German and south African style to jump is allowed two surface contacts).

The Indian style to play double and mixed will be tested by club-players till 31 December 2004

RULE 1.

Playing Equipments and Their Specifications.

- 1.1 Court Measurements: (See diagrams 1 & 2) the court shall be a rectangular, hard, and even surface made of clay, red sand, concrete or any other cementing material which enables fast movements and free from foreign bodies which are likely to cause injury to players. It shall measure 12.2 meters in length and 5.5 M each shall be called Base Lines. A line drawn at the center between the two Side Lines shall be called the Centre Line, which shall be directly below the net. This Centre Line divides the court into two equal halves of 6.1 X 5.5 M.
- 1.2 Dead Court: One parallel line drawn on either side of the Centre Line 0.9M away from it, shall be called deadlines. The area bound within the Dead Lines and Centre Line is known as Dead Court. The Dead Court shall thus measure 5.5 M X 0.9 M on either side of the Centre Line and over all measure 5.5 M X 1.8 M.
- 1.3 Zone Lines: The two lines drawn from the centre of the Dead Lines on either side and connected to the centre of the Base Line shall be called Zone Lines. Thus, each zone shall have an effective playing area of 5.2M X 5.5 M on either side of the Centre line i.e., on either side of the net. The zones shall help see whether all the four players are keeping their court positions while service is taken in Doubles.
- 1.4 Restricted or Caution Line: One more parallel line drawn on either side of the Centre Line 3.05M. Away from it or 2.15M from Dead Lines. Players are prohibited from making Fore Hand and Back Hand shot within this Zone.
All Lines shall be of 5 cm width.

RULE: 2

Net: The net is a mesh of 70 cm. wide and 6.1 M long vertically placed over the axis of the Centre Line to divide the playing space into two parts. The net shall be made of 2.5 Cm square meshes with a two-fold white cotton canvas of 10 cm. Wide. Each fold of 5 cm. is seen along the full length of the net over a cord or a flexible rope respective Side Line with the Centre Line. Both the side bans shall be considered part of the net.

Tape: Two tapes of cotton material 15 cm. wide & 70 cm long shall be fastened, one on each side of the end of the net perpendicular to the intersection of the respective side Line with the Centre Line. Both the side bands shall be considered part of the net.

Antennas: The Antennas are two flexible rods made of a solid bamboo, fiberglass or similar material 1.06M long and 2.5 to 3.8 Cm in diameter. The Antennas shall be marked with 5 Cm bands of contrasting colors preferably red and white or black and white. They are fastened on the outer edge of each vertical Side Band extending 50 cm above the top of the net. They are considered part of the net and mark its side limits.

Height of the Net: The height of the net shall be 1.8 M and be measured from the centre of the playing court with Measuring Rod. The two ends of the net (over the Side Lines) must be at the same height from the playing surface and may not exceed by more than 2.5 Cm. For Sub-Junior section height for the net shall be 1.67 M or 5.5 Ft.

RULE 3:

Poles: The poles for fastening the net shall be made of mild steel tubes of 6 Cm outer diameter. The thickness of the wall of the tubes may be from 1.2 to 1.3 mm. The height and the poles above the floor level shall be 1.9M. A pulley or hook may be fixed to the top of the poles to secure the top cord of the net. When nets with steel stranded wire are used suitable sprockets shall be fixed to the poles at an appropriate point, for obtaining the required tension of the net and height. The poles should be fixed 45Cm away from the centre of the Side Lines. The poles shall be fixed 45Cm away from the centre of the Side Lines. The poles shall be lowered below the ground level to a depth of 60Cm. The poles shall be painted with distinct contrasting colors in bands of 23Cm. White and Black or White and Red are recommended.

RULE 4:

Koit: The koit shall be made of white thin rubber sheet filled with foam rubber and shall weigh 198 to 226 grams. The koit should be neither too hard nor too soft to get squeezed often between the fingers and palm. The outer dia of the koit shall be 16Cm and the inner dia 10Cm. The thickness shall be 3 Cm with a variation of not more than 5 mm.

RULE 5

Participants – Their Duties, Rights and Responsibilities

- 5.1 Registration and Composition of Team for all National and Zonal Championships: Each team shall consist of 6 players, One Manager and One Coach and women team shall consist of 6 players, One Manager and one Coach. But the Team shall have at least one woman either as manager or as Coach. 6th Player shall be eligible to play in mixed doubles. It is mandarin that all Registered players must play in the Championship.
- 5.2 All players shall be registered with the Tennikoit Federation of India through their respective State Association or other affiliated Units.
- 5.3 Only the Players recorded on the Score Sheet on the basis of entry forms shall be allowed to participate in the matches. No changes shall be allowed on any accounts
- 5.4 One of the player who is registered and entered for the Championship/ Tournament shall be appointed as Captain of the respective Team

RULE 6

Players:

- 6.1 **Outfit:** All players of the both sexes shall wear proper uniform consisting of T-Shirts/ Jerseys and shorts and a pair of canvas shoes. The T-Shirts/ Jerseys shall be prominently stenciled /painted with Arabic Numerals on the front and back. Shoes must be light and pliable with rubber or leather soles without heels. Violation if this provision may lead to disqualification of a player/team from participation in any Championship/Tournament.

RULE 7

Duties of players:

- 7.1 Players should be accept the decision of referee(s) with sportsmanlike behavior.
- 7.2 Player should make themselves aware of the rules of the game.
- 7.3 The conduct of the participants should be in accordance with the spirit of fair play and as mentioned below
 - 7.3.1 They shall show respectful and courteous attitude towards referee(s), opponents and spectators
 - 7.3.2 They shall avoid actions attitudes which are patently aimed at influencing the decisions of the referee or to cover up faults committed by them or their teams.
 - 7.3.3 They shall avoid actions & attitudes aimed at prolonging time outs or deliberates delay of the game ulterior motives
 - 7.3.4 They shall avoid giving overt and Covert instructions to the players while the game is in progress
 - 7.3.5 **Team captain**
 - A, The team captain is responsible for the conduct and discipline of all the team members
 - B, during the match, the team captain will function as a game captain while on the court. He is the only person authorized to ask for any explanation on the application or interpretation of the rules. If the explanation does not satisfied him, he must immediately protest to the referee and his protest is to be registered on the score sheet at the end of the match.

RULE 8:

Coaches and Managers

- 8.1 Responsibility of the coach
 - 8.1.1 Prior to the commencement of the game, he should check the names and numbers of his players registered and recorded on the score sheet and signed.
 - 8.1.2 He may direct warm-up session of his players prior to the match
 - 8.1.3 During the match he shall be seated at the nominated place.
 - 8.1.4 Only during the intervals between the sets, the coaches may give instruction to his player without trespassing the boundaries of the court or delaying the progress of the game.
 - 8.1.5 They are obliged to respect and make their players respect the officials, organizers, opponents and spectators.
 - 8.1.6 They shall refrain from disputing the decision of the referees.

RULE 9:

TOSS & WARM-UP

- 9.1 Toss is to be taken by the referee outside the court before the commencement of the matches
- 9.2 Warming-up should always be done outside the court
- 9.3 Teams are to be escorted by the referees and his assistances.

RULE 10:

GAMES INTERRUPTION

10.1 Official interruption of the game are those stoppages of the game that are caused by natural phenomena like bad light, heavy rain, Storms, etc., and ordered as such by the referees and shall include the time out granted by the referees on the request by the player/coach as per rules hereinafter mentioned.

- 10.2 A maximum of one time out is permitted in each set.
- 10.3 An interruption shall be granted only on request by the player/coach through the use of respective official signals.
 - 10.3.1 Each time out shall have duration of 30 seconds.
 - 10.2.2 One time out shall be charged to the team/players who prolongs the interruption after the referee have has signaled to resume the game.
 - 10.3.3 A team/player shall on no account leave the court during the time out.
- 10.4 The coach may also speak to his team/players without trespassing the boundaries of the court
- 10.5 After request of the player, the referees may authorize medical attention to be provided on the court
- 10.6 A team/player requesting more interruption than is allowed, will receive a warning by the show of Yellow card.
- 10.7 In the event of serious injury/accident to a player, the referee shall stop the game and 3min. to the injured player to recover. He may at his discretion restart the match before the expiry of 3min. accordingly as the case may warrant.
 - 10.7.1 If the injured player does not recover within 3min. the set and the match shall be awarded to the opponent(s).
- 10.8. Interruption faults
 - A, First time- warning
 - (b) Refutations- point/ to opponent set/matches as the case be.
- 10.8.1. A team/player commit a fault when it/He prolongs a time out after being called to resume the game by the referee
- 10.8.2. When it/he request a second time out for a second time in a particular set.
- 10.8.3. When it/he is not ready to resume the match after having been charged with one time out.

10.9. Prolonged interruption during the matches.
If any unforeseen circumstances prevent a match from being conducted the referee, the organizers and the jury, if present, shall decide the measures to be taken to restore normalcy.

10.9.1. One resumption of a match after normalcy is restoring. The score will be continued were it was left prior to the interruption(s). The result(s) of the previous set(s) if any will be intact. In other words prolonged interruption(s) caused by factor beyond anybody's control shall not give any advantage to any player/team.

RULE 11 Game Results:

11.1 Scoring point: A Team/Player shall score a point, both positive and negative i.e., either it/he may complete a rally successfully and take point or opponent may give a point either by failure to receive and return the koit or by committing fouls which are penalized by the referee.

11.2 Winner(s) of a set: The winner(s) of a set is/are the player/team that scores 21 points first. When deuce is called i.e., when the score is 20 each, the winner(s) will be the team/player who secures 22nd point first.

11.3 Match Winner

- 11.3.1 The match winner shall be team/player who wins two sets out of three sets.
- 11.3.2 If a team gets depleted for any reason whatsoever the match shall be awarded to the opposing team.
- 11.3.3 If after receiving a warning from the referee, a team/player refuses to play, it is declared in default and the set and match shall be awarded to the opponent(s).
- 11.3.4 If a team/player fails to be present on the court at the appointed time for unjustifiable reasons, the team/player shall be declared in default and the set and match awarded to the opponent(s).

11.3.5 Interval between sets and change of courts:

a) Two minutes is the interval time limit between first and second and 3 minutes between second and third sets. During this time limit change of courts are made. The teams must be formed on their base lines at the moment they called by the First Referee to resume the match.

b) In the deciding set once a team reaches 11 points the courts are changed without any delay.

RULE 12:

Playing Actions and Faults:

12.1 All matches are decided by best of 3sets, each set consisting of 21points. In the event of 20 each players scoring 22en points first wins the set.

12.2 The game is set in motion with the start of Service. The choice of service/court by the toss of the coin by the First Referee. The player/team starting Service in the first set shall receive the first Service in the second set. In the third set if any there shall be no toss for the choice of Service/ Court. The Player/ team starting the service in the first set shall start the service again in the deciding third set.

- 12.2.1 The time limit for each set is 15 minutes. After the expiry of 15 minutes the server should take the point within 9 rallies failing which the point shall go to the opponent(s).
- 12.2.2 A rally is complete if the koit completed one to and fro journey.
- 12.2.3 Service shall always be cross-court diagonally, but the first return of a Service may be anywhere in the opposite court.
- 12.2.4 While serving, a player should neither touch nor cross the base line before releasing the koit. He may take a run if he chooses so long as his legs are away from the base line and the koit is not released.
- 12.2.5 Fore hand and back hand services are allowed, vertical flat services are allowed. But line cutting, wobbling, shaking, squeezing etc., which are foul in nature are not allowed.
- 12.2.6 A koit touching the net during the Service will not qualify for a 'let' and the point shall be awarded to the opponent(s).
- 12.2.7 A player shall have five Services in a row, no matter whether he takes or losses the point. Service is always started from the right half court of the Server. After a point is scored, the next Services are taken from the left half court. This process shall continue until the end of five Services. There shall be a side over now and the next five services shall be taken by the opponent and he too shall start the Service alternatively. Thus, the side-over take place after the end of five services by a player.
- 12.2.8 Back Service with up tendency without any fault shall be allowed.
- 12.2.9 When the score is deuce at 20 all, Service will change hands for every point. In other words, a player will have only one Service is taken only from the right half court of the Server irrespective of the position of the score. Likewise, when 9 rallies are introduced after the expiry of 15 minutes allowed for the completion of a set, Service will change hands for every point and all Services shall be taken only from the right half court of the server irrespective of where the score stands.
- 12.3 The koit shall be received and released with one hand either hand being permissible for a particular delivery, as long as there is no fault while delivering the koit.
- 12.3.1 All deliveries shall have an upward tendency within the restricted zone/area.
- 12.3.2 Relatively constant or motionless hazard shall not qualify for a re-service. But any disturbances caused to a player by sudden occurrences which are beyond his control, shall qualify for a re-service at the discretion of the first referee.
- 12.3.3 A koit striking any boundary line either in Service or in rallies, except the side-lines of the Dead Court shall be deemed to be right. The first pitch of the koit shall be taken into account to decide whether the koit has landed in or out of the court.
- 12.4 After the introduction of the 9 rallies, there shall be no further time limit for the completion of a set.
- 12.5 No player at any time during play shall stand in the Dead Court or tread its boundary lines during play and violation shall be penalized. A player shall, however, enter the Dead Court to pick a koit that has come to rest after duly called foul by the First Referee.
- 12.6 A koit hitting the antenna pole or sailing away from it and falling into the court shall be deemed out.
- 12.7 A koit is prohibited from entering through the net(meshes) and falling into the court.
- 12.8 A net broken during the rally will be eligible for a re-service.
- 12.9 A koit broken during the rally will be eligible for a re-service.
- 12.10 A player is prohibited from taking the support of the post or other playing equipments while receiving or releasing the koit.
- 13.1 In case of serious injury to a player or for any other reason the First Referee may call official time-out after the koit becomes dead on completion of that particular rally. If the player is unable to continue to play within 3 minutes of the occurrence of the injury, he shall be deemed to have lost the Match by default. Likewise, in the Doubles when one of the partners in a team retires hurt, the team shall lose the match by default, as no substitution is allowed.
- 13.2 During Service and rallies, wobbling and shaking are not allowed. All deliveries should be perfect and graceful as a result of wrist work. A koit wobbling or shaking after hitting the top cord of the net is, however not penalized.
- 14.1 The Doubles/Mixed Doubles shall be played alternately i.e., a player should not receive and return the koit twice consecutively during play. All the four players of the two opposing teams shall receive and return the koit alternatively among themselves until a point is scored.
- 14.2 The Captain of the team, which is to serve in the first set by virtue of either winning or losing the toss, should notify the scorer as to who will serve first. The Captain of the opposing team shall notify the scorer as to who will receive the first service.
- 14.3 At the commencement of each set, Service shall be started from the right half court of their server. After a point is scored, no matter which team has got the point, the next service shall be form the left half court of the server. This process shall continue until five services are completed by a player.
- 14.4 The partner of the server shall stand in the adjacent court while service is made. He can occupy any place on his court after the koit has left the hand of the server.
- 14.5 The court position of the players of the opposing team at the time of each Service shall not change for every point scored, until five services are completed. After the Service is made, they can, however, stand at any place in their court. Let it be assumed that A and B and C and D are partners of two opposing teams. The team consisting of player A&B after winning the toss elects to serve. A takes up the first service; B will stand in the adjacent left half court when service is made. In the opposing team C receives the service and D will stand in the adjacent half court while service is made. After a pint is scored, A will take service from the left half of the court and D in the opposing team will receive it. This process is continued until five services are completed.

All the four players shall receive and return the koit alternately among them until a point is scored. In the example shown above, A serves to C; C shall return to B; B shall return to A. Until a point is scored this pattern will continue. The second service shall be form A to D; D shall return to B; B shall return to C and C shall return to A. This pattern shall continue until a point is scored. Therefore, out of five services, for three points the pattern will be A to C; C to B; B to D; and D to A; For the remaining two points the pattern will be A to D; D to B; B to C; and C to A.

After five services are completed by A, C will serve to B first and the pattern will be C to B; B to D; D to A and A to C. For the next service C will serve to A and the pattern will be C to A; A to D; D to B and B to C.

After 5 services are completed by C; B will take his 5 services and he will serve to D first.

After B completes five services, D will take his service and he shall serve to A.

In the beginning second set, D will serve to B first. In case there is third set, B will serve to D first, at the beginning of the set.

- 15.1 The following are the foul strokes which are penalized:
1) Wobbling 2) Shaking 3) Fore hand shot in Caution Lines/ Restricted Area 4) Throwing 5) Delay 6) Pushing 7) Carrying 8) Body Touch 9) Pressing 10) Dead-koit 11) Stepping 12) Squeezing 13) Baulking 14) Jumping.
- 15.2 Lateral or longitudinal revolving of the koit is called wobbling.
- 15.3 Violent vibrations of the koit caused as a result of failure to impart wrist work are called Shaking.
- 15.4 Flinging the koit illegitimately in the opponent's court is called Throwing.
- 15.5 There shall be a continuous motion while catching or releasing the koit. The motion shall not be marred in the process of release of koits, failing which is delay.
- 15.6 Shoving the koit with a jerk is called Pushing.
- 15.7 If the koit is received above the head or slightly behind it and the arm is swung backward in half-a-card-wheel formation before release, it is Carrying.
- 15.8 If the koit, while receiving or releasing, touches any part of the body of a player inclusive of the garments worn, with the exception of palm and fingers, it is called Body Touch.
- 15.9 If the koit is thrust downward with the help of either the indicator or other finger during release, it is called Pressing.
- 15.10 If the koit lands without any spin or force, it is called Dead Koit.
- 15.11 If after receiving a koit a player takes one or more steps and then releases the koit, it is called Stepping. But a step can be taken after the koit is released.
- 15.12 While receiving or releasing the koit, if it gets crushed or compressed between the palm and fingers, it is called Squeezing. Otherwise known as Punching.
- 15.13 If the follow-on of the koit is not continuous but is changed instantaneously to some other direction involving delay, it is called Baulking.
- 15.14 If both the feet of the player are in the air at the time of releasing the koit is called Jumping. But, Jumping is permitted during the processing receiving the koit.

RULE 16

Faults and Sanctions:

When participants commit faults during the game due to actions contrary to the rules or due to misconduct, the first referee judges the faults and determines. The sanction is applicable in accordance with the following principles:

Game Faults: These are individual actions or team movements contrary to the rules of the game and they consist of:

- 16.1.1 Not sending the koit correctly over the net into the opponent's court.
- 16.1.2 Carrying out an action, which is not stipulated in the rules?
- 16.2 Consequences of a Fault:
- 16.2.1 There is always a penalty to a fault.
- 16.2.2 A penalty for a game fault means that the opponent(s) to the player/team committing the fault gains a point.
- 16.3 Misbehavior towards officials, opponent(s), spectators or teammates shall be an offence and the sanction(s) thereof will be as follows: