



INTERNATIONAL INDIACA ASSOCIATION (IIA)

## **BASIC INDIACA RULES (BIR)**

Edition 2018

More information about IIA can be found on

[www.indiaca-ia.com](http://www.indiaca-ia.com)

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## **GAME CHARACTERISTICS**

Indiaca is a sport played by two teams on a playing 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 in play with a service: hit by the server over the net to the opponents. The rally continues until the ball is grounded on the playing court, goes "out" or a team fails to return it properly.

In Indiaca, the team winning a rally scores a point (Rally Point System). When the receiving team wins a rally, it gains a point and the right to serve, and its players rotate one position clockwise.

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<h1>1</h1>	<h2>CHAPTER ONE</h2> <h3>FACILITIES AND EQUIPMENT</h3>
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#### RULE

<h2>1</h2>	<h3>PLAYING AREA</h3>
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	The playing area includes the playing court. It shall be rectangular and symmetrical.
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<h3>1.1</h3>	<h4>DIMENSIONS</h4>
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	<p>The playing court is a rectangle measuring 16 x 6,10 meters.</p> <p>The free playing space is the space above the playing area which is free from any obstructions. The free playing space shall measure a minimum of 6 meters in height from the playing surface.</p>
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<h3>1.2</h3>	<h4>PLAYING SURFACE</h4>
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	The playing surface must be flat and horizontal. It must not present any danger of injury to the players. It is forbidden to play on rough or slippery surfaces.
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<h3>1.3</h3>	<h4>LINES ON THE COURT</h4>
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1.3.1	All lines must be of light color, clearly marked and different from the color of the floor and from any other lines.
1.3.2	<p><i>Boundary lines</i></p> <p>Two sidelines and two end lines mark the playing court. Both sidelines and the end lines are drawn inside the dimensions of the playing court.</p>
1.3.3	<p><i>Centre line</i></p> <p>The axis of the centre line divides the playing court into two equal courts measuring 8 x 6,10 meters each; however the entire width of the line is considered to belong to both team courts equally. This line extends beneath the net from sideline to sideline.</p>
1.3.4	<p><i>Attack line</i></p> <p>On each team court, an attack line, whose rear edge is drawn 3 meters from the axis of the centre line, marks the front zone. The attack line are considered to extend beyond the sidelines to the end of the free zone</p>



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## RULE

1.4	ZONES AND AREAS
1.4.1	<p><i>Front zone</i></p> <p>On each team court the front zone is limited by the centre line and the rear edge of the attack line.</p> <p>The front zone is also called „attacking zone“.</p> <p>The front zone is considered to extend beyond the sidelines to the end of the free zone.</p>
1.4.2	<p><i>Service zone</i></p> <p>The service zone is a 6,10 meters wide area behind each end line.</p> <p>It is laterally limited by the extension of the sidelines and in depth by the end of the free zone.</p>

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<b>2</b>	<b>NET AND POSTS</b>
<b>2.1</b>	<b>HEIGHT OF THE NET</b>
2.1.1	A net is placed vertically over the axis of the centre line.
2.1.2	<p>The net height in IIA competitions has to be :</p> <p>Youth category (15 years and younger)</p> <p>Men : 215 cm</p> <p>Women : 205 cm</p> <p>Mixed : 210 cm</p> <p>Junior category (19 years and younger)</p> <p>Men : 225 cm</p> <p>Women : 215 cm</p> <p>Mixed : 220 cm</p> <p>Open Category (no age limit)</p> <p>Men : 235 cm</p> <p>Women : 220 cm</p> <p>Mixed : 225 cm</p> <p>Senior category (40+)</p> <p>Men : 225 cm</p> <p>Women : 210 cm</p> <p>Mixed : 215 cm</p> <p>The national federations are allowed to determine a special height for these categories for non-IIA competitions.</p>
2.1.3	The height of the net is measured from the centre of the playing court. The net height (over the two sidelines) must be exactly the same and must not exceed the official height by more than 2 centimeters.

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### RULE

#### **2.2 SIDE BANDS**

	<p>Two white side bands are fastened vertically to the net and placed directly above the sideline.</p> <p>They are 3-5 cm wide and 80 to 120 cm long and are considered as part of the net.</p>
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#### **2.3 ANTENNAE**

2.3.1	<p>In IIA competitions there must be two antennae.</p>
2.3.2	<p>An antenna is a flexible rod, 1.80 m long and 10 mm in diameter, made of fiberglass or a similar material.</p> <p>An antenna is fastened at the outer edge of each side band. The antennae are placed on opposite sides of the net.</p> <p>The antennae are considered as part of the net and laterally delimit the crossing space in which the Indiacaca ball has to cross the net.</p> <p>The top 80 cm of each antenna extend above the net and have to be marked with 10 cm stripes of contrasting colors, preferably red and white.</p>

#### **3.0 BALLS**

##### **3.1 STANDARDS**

	<p>The Indiacaca balls must be without outer damages and must have 4 unbroken feathers.</p>
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<b>2</b>	<b>CHAPTER TWO</b> <b>PARTICIPANTS</b>
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RULE

<b>4</b>	<b>TEAMS</b>
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<b>4.1</b>	<b>TEAM COMPOSITION</b>
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4.1.1	A team is composed of players and substitutes.
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4.1.2	A team may consist of a maximum of 10 players, one coach, and one assistant coach. A team may have assistants (head of delegation, medical doctor, masseur, etc...), who do not belong to the team.
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4.1.3	In competitions there must be 5 players on court at the moment of the service. Special Rules may authorize a team to play with only 4 players.
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4.1.4	In mixed category, teams must have at least 2 male and 2 female players on the court.
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<b>4.2</b>	<b>EQUIPMENT</b>
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	A player's equipment consists of a jersey, shorts, and sport shoes. Kneepads are allowed.
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4.2.1	The color and design for the jerseys and shorts must be uniform.
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## 3

## CHAPTER THREE PLAYING FORMAT

### RULE

#### 5 TO SCORE A POINT, TO WIN A SET AND THE MATCH

#### 5.1 TO SCORE A POINT

5.1.1	A team scores a point: <ul style="list-style-type: none"><li>➤ by successfully grounding the ball on the opponent's court.</li><li>➤ when the opponent team commits a fault.</li><li>➤ when the opponent receives a penalty.</li></ul>
5.1.2	A team commits a fault by making a playing action contrary to the rules (or violating them in some other way). The referees judge the fault and determine consequences according to the rules :
5.1.2.1	If two or more faults are committed successively, only the first one is counted.
5.1.2.2	If two or more faults are committed simultaneously, a DOUBLE FAULT is called and the rally is replayed.
5.1.3	A rally is the sequence of playing actions from the moment of the service hit by the server until the ball is out of play.
5.1.3.1	If the serving team wins a rally, it scores a point and continues to serve.
5.1.3.2	If the receiving team wins the rally, it scores a point and it must serve next, after having rotated according to rule 7.5.1.

#### 5.2 TO WIN A SET

5.2.1	A set is won by the team that: <ul style="list-style-type: none"><li>➤ first scores 25 points in a match played on points. The play is continued until a two-point lead (i.e. 27-25 ; 29-27 ; etc...) has been achieved by one team.</li><li>➤ in a match played with time control, the team which scored more points at the end of the set. If the points are equal, the set's final result is a draw. If there has to be a winner (semi-final, final, etc...) there has to be a prolongation.</li></ul>
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#### 5.3 TO WIN A MATCH

5.3.1	A match is won by the team that, according to rules of the concrete competition: <ul style="list-style-type: none"><li>➤ wins 2 sets in a best of three sets game.</li><li>➤ wins 3 sets in a best of five games.</li></ul>
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	<p>➤ in a match played with time control, the team who achieves a higher score in the sum of points in the sets played. If the points are equal the match ends with a draw.</p>
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### RULE

#### 5.4 DEFAULT OR INCOMPLETE TEAM

5.4.1	<p>If a team refuses to play after being summoned to, it is declared in default and forfeits the match.</p> <p>According to the rules of the given competition either:</p> <ul style="list-style-type: none"><li>➤ with the result of 0-2 sets for a best of three sets match and 0-25 points for each set.</li><li>➤ with the result of 0-3 sets for a best of five sets match and 0-25 points for each set.</li></ul>
5.4.2	<p>A team is declared incomplete for the set or the match (Rules 4.1.3 ; 4.1.4 ), loses the set or the match. The opposing team gets the points and sets needed to win the set or match. The incomplete team keeps the previously scored points and sets.</p>

#### 6 STRUCTURE OF PLAY

##### 6.1 THE TOSS

	<p>Before the match, the first referee carries out a toss to decide upon the first service and sides of the court in the first set.</p> <p>If a deciding set has to be played, a new toss will be carried out.</p>
6.1.1	<p>The toss is taken in the presence of the two team captains.</p>
6.1.2	<p>The winner of the toss chooses:</p> <p><b>EITHER</b></p> <p>the right of serving or to receive the service</p> <p><b>OR</b></p> <p>the side of the court</p>
6.1.3	<p>The loser takes the remaining choice.</p>

##### 6.2 POSITIONS

	<p>At the moment the ball is hit by the server, each team must be positioned within its own court in the rotational order (except the server).</p>
6.2.1	<p>The positions of the players are numbered as follows:</p>

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6.2.1.1	The three players along the net are front-row players occupying positions IV (front-left player), III (front-centre player), II (front-right player).  If a team has only four players, the two players along the net are front-row players occupying positions IV (front-left player) and II (front-right player).
6.2.1.2	The two others are back-row players occupying positions V (back-left player), I (back-right player).
6.2.2	At the moment of the service, the back-row players must be positioned further back than the front-row players. The front-row and back-row players must occupy positions according to rules 6.2.1.1 and 6.2.1.2 in succession.
6.2.3	The positions of the feet while standing or take-off are decisive.
6.2.4	After the service hit, the players may move around and occupy any position on their court and the free zone.

### 6.3 POSITIONAL FAULT

6.3.1	The team commits a positional fault, if any player is not in his/her correct position at the moment the ball is hit by the server.
6.3.2	If the server commits a serving fault at the moment of the service hit, the server's fault is counted before a positional fault.
6.3.3	If the service becomes faulty after the service hit, it is the positional fault that will be counted.
6.3.4	A positional fault leads to the following consequences : <ul style="list-style-type: none"><li>➤ the team is sanctioned with the loss of rally.</li><li>➤ players positions are rectified.</li></ul>

### 6.4 ROTATION

6.4.1	When the receiving team has gained the right to serve, its players rotate one position clockwise.
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### 6.5 ROTATIONAL FAULTS

6.5.1	A rotational fault is committed when the service is not made according to the rotational order. It leads to the following consequences :
6.5.1.1	The team is sanctioned with the loss of rally.
6.5.1.2	The player's rotational order is rectified.

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<b>4</b>	<b>CHAPTER FOUR</b> <b>PLAYING ACTIONS</b>
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RULE

<b>7</b>	<b>STATES OF PLAY</b>
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<b>7.1</b>	<b>BALL IN PLAY</b>
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	The ball is in play from the moment of the hit of the service authorized by the first referee.
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<b>7.2</b>	<b>BALL OUT OF PLAY</b>
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	The ball is out of play at the moment of the fault whistled by one of the referees; in absence of a fault, at the moment of the whistle.
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<b>7.3</b>	<b>BALL "IN"</b>
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	The ball is "in" when it touches the floor of the playing court including the boundary lines.
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<b>7.4</b>	<b>BALL "OUT"</b>
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	<p>The ball is "out" when:</p> <ul style="list-style-type: none"> <li>➤ any part of the ball which contacts the floor is completely outside the boundary lines.</li> <li>➤ any part of the ball touches an object outside the court, the ceiling or a person out of play.</li> <li>➤ any part of the ball touches the antennae, ropes, posts or the net itself outside the side bands.</li> <li>➤ the ball crosses the vertical plane of the net outside the crossing space, except in the case of a player sending the ball back to his own court after retrieving it from the opponent's free zone.</li> </ul>
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<b>8</b>	<b>PLAYING THE BALL</b>
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	Each team must play on their side of the court. A ball may however be retrieved from the opponent's free zone and played back to the own court outside the crossing space.
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### RULE

#### 8.1 TEAM HITS

8.1.1	<p>A hit is any contact with the ball by a player in play.</p> <p>The team is entitled to a maximum of three hits (in addition to blocking), for returning the ball. If more are used, the team commits a fault of "FOUR HITS".</p>
8.1.2	<p><i>CONSECUTIVE HITS</i></p> <p>A player may not hit the ball two times consecutively, except for blocking.</p>
8.1.3	<p><i>SIMULTANEOUS HITS</i></p> <p>Two or three players may touch the ball at the same moment.</p>
8.1.3.1	<p>When two or three team-mates touch the ball simultaneously, it is counted as two or three hits (with the exception of blocking). If they reach for the ball, but only one of them touches the ball, one hit is counted. A collision of players does not constitute a fault.</p>
8.1.3.2	<p>When two opponents touch the ball simultaneously over the net and this leads to a "CATCH" or the ball remains in play, it is a "DOUBLE FAULT" and the rally is replayed.</p>
8.1.4	<p><i>ASSISTED HIT</i></p> <p>Within the playing area, a player is not permitted to take support from a team-mate or any structure/object in order to reach the ball.</p> <p>However, a player who is about to commit a fault (touch the net or cross the center line, etc...) may be stopped or held back by a team-mate.</p>

#### 8.2 CHARACTERISTICS OF A HIT

8.2.1	<p>The ball might be played with two hand, except the service.</p>
8.2.2	<p>The ball may not touch any part of the body, except from the hands and the arms up to the elbows.</p>
8.2.3	<p>The ball must not be caught or thrown. It can rebound in any direction.</p>

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### RULE

#### **8.3 FAULTS IN PLAYING THE BALL**

8.3.1	<i>FOUR HITS</i> A team hits the ball four or more times before returning the ball (rule 9.1.1)
8.3.2	<i>ASSISTED HIT</i> A player takes support from a team-mate or any structure/object within the playing area in order to reach the ball.
8.3.3	<i>HELD BALL</i> A player does not hit the ball correctly, but guides, throws or holds the ball.
8.3.4	<i>DOUBLE CONTACT</i> A player hits the ball twice in succession or the ball contacts various parts of his/her body successively.
8.3.5	<i>BALL TOUCHES THE BODY</i> A ball touches the player's body, except for the hand or the arm up to the elbow.

#### **9 BALL AT THE NET**

##### **9.1 BALL CROSSING THE NET**

	<p>The ball sent to the opponent's court must pass over the net within the crossing space. The crossing space is the part of the vertical plane of the net limited as follows:</p> <ul style="list-style-type: none"><li>➤ below, by the top of the net</li><li>➤ at the sides, by the imaginary extension of the side bands/antennae</li><li>➤ above, by the ceiling</li></ul>
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##### **9.2 BALL TOUCHING THE NET**

	During the game the ball may touch the net while crossing it, except for the service.
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### RULE

#### 9.3 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 service is considered a fault.

#### 10 PLAYER AT THE NET

##### 10.1 REACHING BEYOND THE NET

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

##### 10.2 PENETRATION UNDER THE NET

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

##### 10.3 CONTACT WITH THE NET

A player's contact with the net is considered a fault.

##### 10.4 PLAYER'S FAULT AT THE NET

A player commits a fault, when:

- he/she intrudes upon the opponent's space in the air, over or under the net
- he/she intrudes into the opponent's playing court
- he/she touches the net, antennae, ropes or posts

#### 11 SERVICE

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

##### 11.1 FIRST SERVICE IN A SET

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

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

##### 11.2 SERVICE ORDER

- when the serving team wins the rally and scores a point, the player who served before or his/her substitution serves again.
- when the receiving team wins a rally and scores a point, then his/her team rotates before serving.

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### RULE

#### 11.3 EXECUTION OF THE SERVICE

11.3.1	To execute the service, the players hold the Indiacca ball at the place where the feathers are connected to the ball with one hand and hit the ball with the other hand, directing it in an upward trajectory over the net to the opposite court.  The service is executed at the moment the Indiacca ball is flying off the hitting hand.
11.3.2	At the moment of the service hit, the server must stay in the Service zone (p. 1.4.2) and not touch the court (the end line included) or the floor outside of the Service zone. After hitting the ball, the server may step to any place on the team's court and free zone.
11.3.3	A service executed before the referee's whistle is cancelled and repeated.
11.3.4	The server must hit the ball within 5 seconds after the referee whistles for the service.

#### 11.4 FAULTS MADE DURING SERVICE

11.4.1	<b>SERVING FAULTS</b>  The following faults lead to a change of service even if the opponent is out of position : <ul style="list-style-type: none"><li>➤ the server violates the service order (rule 11.2)</li><li>➤ the server does not execute the service properly (rules 11.3.1 ; 11.3.2 ; 11.3.4)</li></ul>
11.4.2	<b>FAULTS AFTER THE SERVICE HIT</b>  After the ball has been hit correctly, the service becomes a fault if the ball : <ul style="list-style-type: none"><li>➤ touches a player of the serving team</li><li>➤ fails to pass through the crossing space (rule 9.1)</li><li>➤ touches the net or an antenna or other external objects</li><li>➤ goes « out » (rule 7.4)</li></ul>

#### 11.5 FAULTS MADE AFTER THE SERVICE AND POSITIONAL FAULTS

11.5.1	If the server makes a fault at the moment of the service hit (improper execution, wrong rotational order, etc...) and the opponent is out of position, it is the service fault which is sanctioned.
11.5.2	Instead, if the execution of the service has been correct, but the service subsequently becomes faulty (goes out, goes over a screen, etc...), the positional fault which has taken place first is sanctioned.

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<b>12</b>	<b>ATTACK</b>
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<b>12.1</b>	<b>ATTACK HIT</b>
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12.1.1	All actions which direct the ball to the opponent's court, except service and block are considered to be attack hits.
12.1.2	During an attack hit, tipping is permitted only if the ball is cleanly hit, and not caught or thrown.

<b>12.2</b>	<b>RESTRICTIONS OF ATTACK HITS</b>
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12.2.1	Front row players 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 area.
12.2.2	A back row player may complete an attack hit at any height and from behind the front zone, whereby : <ul style="list-style-type: none"><li>➤ at the take-off his/her foot (feet) must neither have touched nor crossed over the attack line.</li><li>➤ after his/her hit he/she may land within the front zone.</li></ul>
12.2.3	A back row player may also complete an attack hit from within the front zone, if at the moment of the contact, the ball is below the top of the net.
12.2.4	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.

<b>12.3</b>	<b>FAULTS OF THE ATTACK HIT</b>
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12.3.1	Faults during an attack hit are : <ul style="list-style-type: none"><li>➤ a player touches the ball within the playing space of the opposite team (rule 10.1)</li><li>➤ a player hits the ball „out“ (rule 7.4)</li><li>➤ 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 (rule 12.2.2)</li><li>➤ 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 (rule 12.2.4)</li><li>➤ a player throws or catches the ball while execution an attack hit (rule 8.3.3)</li></ul>
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<b>13</b>	<b>BLOCK</b>
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<b>13.1</b>	<b>BLOCKING</b>
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13.1.1	Blocking is the action of one or more players close to the net to intercept the ball coming from the opponents by raising both hands higher the top of the net.
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	Only front row players are permitted to attempt, participate in or complete a block.
13.1.2	<i>BLOCK ATTEMPT</i> A block attempt is the action of blocking without touching the ball.
13.1.3	<i>COMPLETED BLOCK</i> A block is completed whenever the ball is touching a player participating in a block.
13.1.4	<i>COLLECTIVE BLOCK</i> A collective block is executed by two or three players close to each other and completed when the ball touches the block.

### 13.2 BLOCK CONTACT

	<i>CONSECUTIVE CONTACT</i> Consecutive (quick and continuous) contacts with the ball may occur by one or more players participating in a block, provided the contacts are made during one action.
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### 13.3 BLOCKING WITHIN THE OPPONENT 'S SPACE

	A player is not permitted to place his/her hands and arms beyond the net while blocking.
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### 13.4 BLOCK AND TEAM HITS

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

### 13.5 BLOCKING THE SERVICE

	Blocking an opponent's service is forbidden.
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### 13.6 BLOCKING FAULTS

	The following actions of a player participating in a block are considered to be a fault, if: <ul style="list-style-type: none"><li>➤ the player places his/her hands or arms beyond the net.</li><li>➤ a back row player attempts, participates or completes a block.</li><li>➤ a player blocks the opponent's service.</li><li>➤ the ball is sent « out » off the block.</li></ul>
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# BASIC INDIACA RULES

Edition 2018

# 5

## CHAPTER FIVE INTERRUPTIONS AND DELAYS

RULE

### 14 REGULAR GAME INTERRUPTIONS

Regular game interruptions are TIME-OUTS and PLAYER SUBSTITUTIONS.

#### 14.1 NUMBER OF REGULAR GAME INTERRUPTIONS

Each team is entitled to a maximum of two time-outs and 2 player substitutions per set.

There are no game interruptions in time controlled games.

#### 14.2 TIME-OUTS

14.2.1 A time-out lasts for 30 seconds.

#### 14.3 SUBSTITUTIONS

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.

#### 14.4 LIMITATION OF SUBSTITUTIONS

14.4.1 Two substitutions are the maximum permitted per team and per set. One or two players may be substituted during the same game interruption.

14.4.2 A player of the starting line-up, may leave the game, but only once in a set.

#### 14.5 EXCEPTIONAL SUBSTITUTIONS

An injured player who cannot continue playing should be legally substituted.

If this is not possible, then the team is entitled to make an exceptional substitution beyond the limits of rules 14.4.1 ;14.4.2

#### 14.6 SUBSTITUTION FOR EXPULSION/DISQUALIFICATION

14.6.1 An expelled or disqualified player must be replaced through a legal substitution. If this is not possible the team is declared incomplete (rules 4.1.3 ;4.1.4)

14.6.2 A disqualified player cannot take part in any other games in the same competition and is not allowed to enter the competition area for the rest of the competition.

RULE

#### 14.7 ILLEGAL SUBSTITUTIONS



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14.7.1	A substitution is illegal, if it exceeds the limitations of rules 14.4.1 ; 14.4.2 , except for the case of rule 14.5
14.7.2	When team has made an illegal substitution and the play has been resumed, the following procedure shall apply: <ul style="list-style-type: none"><li>➤ the team is penalized with the loss of rally</li><li>➤ the substitution is rectified</li><li>➤ the points scored by the team at fault, since the fault was committed, are cancelled. The opponent's points remain valid.</li></ul>

### 15 EXCEPTIONAL GAME INTERRUPTIONS

#### 15.1 INJURY

15.1.1	Should a serious accident occur while the ball is in play, the referee must stop the game immediately and permit medical assistance to enter the court.  The rally is then replayed.
15.1.2	If an injured player cannot be substituted, legally or exceptionally, the team can finish the tournament with four players.

#### 15.2 EXTERNAL INTERFERENCE

15.2.1	If there is any external interference during the game, play has to be stopped and the rally is replayed.
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### 16 CHANGE OF COURTS

#### 16.1 CHANGE OF COURTS

16.1.1	After each set, the teams change courts, except for the deciding set.
16.1.2	In the deciding set (3rd or 5th set), once the leading team reaches 13 points, the teams change courts without delay and the player's positions remain the same.
16.1.3	The other team members change to the benches on the respective side of the court.