

# Texas/Oklahoma Region Inter Parish Sports Festival



## GUIDELINES

VERSION: 2

LAST UPDATED: 03/04/2026

## Table of Contents

|                                                                                |           |
|--------------------------------------------------------------------------------|-----------|
| <b>LOCATION.....</b>                                                           | <b>6</b>  |
| Participation & Categories .....                                               | 7         |
| <b><i>Category Codes.....</i></b>                                              | <b>7</b>  |
| Parish Divisions .....                                                         | 8         |
| Age Category Ascension / Descension .....                                      | 9         |
| Competitions – Combined Categories .....                                       | 10        |
| Competition-specific guidelines are included in the following appendices. .... | 14        |
| Sports & Events with Appendices.....                                           | 14        |
| Selection of Teams / Players .....                                             | 14        |
| Team Colors .....                                                              | 14        |
| Registration Fee .....                                                         | 17        |
| Registration Process.....                                                      | 17        |
| Schedules & Reporting.....                                                     | 18        |
| Team / Doubles / Individual Events.....                                        | 19        |
| Trophies & Titles .....                                                        | 19        |
| Overall Championship & Points.....                                             | 19        |
| Discipline & Conduct.....                                                      | 19        |
| Sportsmanship & Apparel .....                                                  | 20        |
| Injuries & Evacuation .....                                                    | 20        |
| Team Management.....                                                           | 21        |
| Grievances & Fair Play.....                                                    | 21        |
| IPSF 2026 Updates .....                                                        | 21        |
| Parish Codes .....                                                             | 22        |
| Conclusion .....                                                               | 22        |
| <b><i>BADMINTON (DOUBLES) RULES.....</i></b>                                   | <b>23</b> |
| Scoring.....                                                                   | 24        |
| <b><i>BASKETBALL RULES.....</i></b>                                            | <b>25</b> |
| <b><i>CARD GAMES (28) RULES.....</i></b>                                       | <b>31</b> |
| Players and Cards.....                                                         | 31        |
| Deal and Bidding.....                                                          | 31        |
| The Play.....                                                                  | 32        |
| General Rules during the Game.....                                             | 33        |
| Scoring.....                                                                   | 33        |
| <b><i>CARROM RULES .....</i></b>                                               | <b>35</b> |
| <b><i>CHESS RULES.....</i></b>                                                 | <b>37</b> |
| Game Schedule .....                                                            | 37        |
| Rules in a Nutshell.....                                                       | 37        |
| <b>CRICKET RULES.....</b>                                                      | <b>39</b> |
| DETAILED RULES .....                                                           | 40        |
| <b><i>TABLE TENNIS RULES .....</i></b>                                         | <b>46</b> |
| Basic Rules of Table Tennis .....                                              | 46        |
| <b><i>FLAG FOOTBALL.....</i></b>                                               | <b>49</b> |
| General Gameplay Guidelines .....                                              | 49        |
| Start of the Game .....                                                        | 50        |
| Substitution Rules .....                                                       | 50        |
| Time Outs / End of Game .....                                                  | 50        |
| Line of Scrimmage.....                                                         | 51        |
| Downs & Punting .....                                                          | 51        |
| Blocking & Rushing.....                                                        | 52        |
| Passing.....                                                                   | 52        |
| Scoring.....                                                                   | 53        |

|                                                     |                      |
|-----------------------------------------------------|----------------------|
| Penalties .....                                     | 54                   |
| Overtime Rules .....                                | 55                   |
| Equipment .....                                     | 55                   |
| General Guidelines .....                            | 56                   |
| Game Setting .....                                  | 56                   |
| Objective of the game .....                         | 57                   |
| <b>Soccer Rules .....</b>                           | <b>61</b>            |
| 1. Game Structure and Duration.....                 | 61                   |
| 2. Player and Goalkeeper Equipment.....             | 61                   |
| 3. Substitutions .....                              | 62                   |
| 4. Game Restarts and Scoring .....                  | 62                   |
| 5. Goalkeeper-Specific Violations.....              | 62                   |
| 6. Discipline, Fouls, and Misconduct .....          | 63                   |
| 7. Referee Authority and Tiebreaker Procedures..... | 63                   |
| <b><i>THROW BALL RULES .....</i></b>                | <b><i>65</i></b>     |
| General Guidelines.....                             | 65                   |
| <b><i>TUG OF WAR RULES.....</i></b>                 | <b><i>67</i></b>     |
| <b><i>VOLLEYBALL RULES .....</i></b>                | <b><i>69</i></b>     |
| GENERAL GUIDELINES .....                            | 69                   |
| STRUCTURE OF PLAY .....                             | 70                   |
| <b>WALKING RULES.....</b>                           | <b>78</b>            |
| <br><b><i>ARMWRESTLING RULES .....</i></b>          | <br><b><i>79</i></b> |
| General Guidelines .....                            | 79                   |
| Rules for Competition .....                         | 79                   |
| Rules for Referee's Grip .....                      | 80                   |
| Infraction for Competition .....                    | 81                   |
| Manners of Winning for Competition .....            | 82                   |
| <b>March Past Guidelines.....</b>                   | <b>84</b>            |

## General Guidelines

### About IPSF

The Inter-Parish Sports Festival (IPSF) was established in 2014 to provide Religious Education (RE) students from churches in the Texas–Oklahoma region of the St. Thomas Syro-Malabar Diocese of Chicago with a vibrant athletic platform. What began as a sporting event has grown into an opportunity for youth to showcase their talents while developing teamwork, leadership, and organizational skills. IPSF also fosters fellowship among parishes, deepens understanding of Scripture, and helps participants form lasting friendships that enrich personal and spiritual growth.

### Origins

During the 2013 Inter-Parish Talent Festival (IPTF) in Dallas, church leaders recognized the need to celebrate athletic gifts alongside artistic talents. They unanimously agreed to create IPSF, inviting adults, youth, and children to participate and to alternate the festival annually with IPTF.

### Purpose of These Guidelines

These guidelines establish consistent rules and procedures to ensure the smooth and successful conduct of IPSF. All participating parishes, coordinators, teams, players, and volunteers are expected to uphold these standards in both letter and spirit.

### IPSF 2026

The upcoming IPSF will be hosted by Divine Mercy Syro-Malabar Catholic Church in Edinburg, Texas, from August 6–9, 2026. Every parish and participant is expected to follow these guidelines to help create a safe, fair, and inspiring festival.

### Purpose

**Showcase and Develop Talent:** Offer a dynamic stage where the youth of Syro-Malabar churches, together with their families, can discover, develop, and celebrate athletic gifts, with special recognition for exceptional young athletes.

**Foster Community and Unity:** Strengthen friendships and harmony among youths and families who share the same faith and traditions, creating opportunities for wider cooperation between families, parishes, and—most importantly—the younger generation.

**Celebrate Heritage:** Inspire the youth and their families to take pride in the Syro-Malabar heritage and actively engage in its rich, time-honored traditions, ensuring their preservation for generations to come.

**Promote Healthy Living:** Foster regular physical activity and highlight the importance of an active lifestyle as an integral part of a balanced spiritual and personal life.

**Advance the Church's Vision :** Motivate to transform Syro-Malabar churches into centers of physical, psychological, and spiritual growth—aligning with Bishop Mar Jacob Angadiath's vision of the church as a true “second home” for its members.

### Slogan

“Mens Sana in Corpore Sano” – A Sound Mind in a Sound Body. The Inter-Parish Sports Festival adopts this timeless ideal from Roman poet Juvenal's *Satire X*, emphasizing the harmony of physical and mental well-being. Either the Latin phrase, its English translation, or both may be used in all communications. This slogan will represent IPSF 2026 and all future festivals.

### IPSF 2026 Logo

The official IPSF logo was selected through the IPSF Logo Design Competition held in January 2014. This logo will continue to be used for IPSF 2026 and all future festivals. Core elements of the logo will remain consistent, with updates only to reflect the host location and year. All official publications and materials related to IPSF must display the logo prominently while adhering to the design and layout specifications of the respective publication or material.

## **Location**

The IPSF 2026 games and competitions will be held in multiple locations.

| S/NO | GAME                                                                                                       | LOCATION                                                                                                                                                                             |
|------|------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 01   | CRICKET                                                                                                    | <b>City of Pharr Cricket Ground</b><br>615 W. Eldora Rd, Pharr, TX 78577<br><a href="https://share.google/Ydd0tHN5jGNMERp1O">https://share.google/Ydd0tHN5jGNMERp1O</a>              |
| 03   | BADMINTON, CHESS, CAROMS, CARDS, TABLE TENNIS, TUG OF WAR, VOLLEYBALL, BASKETBALL, WLAKING, AND THROW BALL | <b>Edinburg sports and wellness center</b><br>315 Mark S. Peña Dr, Edinburg, TX 78539<br><a href="https://share.google/UQSY1iwj6Y54UrISu">https://share.google/UQSY1iwj6Y54UrISu</a> |
| 04   | ARM WRESTLING, PARADE, AND MAIN CEREMONY WITH CULTURAL EVENT                                               | <b>ACE Center, City of Edinburg</b><br>315 W McIntyre St, Edinburg, TX 78541<br><a href="https://share.google/xZ8VuLq3xXI1xloeR">https://share.google/xZ8VuLq3xXI1xloeR</a>          |
| 05   | SOCCER AND FLAG FOOTBALL                                                                                   | <b><u>Edinburg Municipal Park</u></b><br>714 S Raul Longoria Rd, Edinburg, TX 78542<br><a href="https://share.google/Z1jSHXclpxIHgWd2B">https://share.google/Z1jSHXclpxIHgWd2B</a>   |
| 06   | HOLY MASS, REGISTRATION, AWARD CEREMONIES, AND FOOD & DRINKS COURTS                                        | <b>Edinburg Activity Center</b><br>123 Mark S. Peña Dr, Edinburg, TX 78539<br><a href="https://share.google/7FBCCq4zU2g40mN9m">https://share.google/7FBCCq4zU2g40mN9m</a>            |

## Participation & Categories

- **Eligibility:** Participation in IPSF competitions is strictly limited to members of Syro-Malabar Churches in the Texas–Oklahoma region. For team events, all players must belong to the parish they represent. For individual events, each participant must be a member of the competing parish. This restriction does not apply to coaches or non-competing officials.
- **Team Representation:** Each parish may field only one team per category in team events. For individual events, only one participant per category from each parish is allowed.
- **Age and Grade Criteria:** Competitions will be held across 12 categories. Age will be determined as of August 1, 2026, and school grade will correspond to the 2025–26 academic year. This ensures that all selection processes are completed in time. Participants who have graduated 12th grade but are under 19 years of age as of August 1, 2026, may compete in the Youth Category.
- **Categories:** IPSF 2026 will feature six age-based categories, each for males and females. The respective category codes are provided in the table below.
- 

### Category Codes

| SL | Category      | Grade/Age Group | Code (Male) | Code (Female) |
|----|---------------|-----------------|-------------|---------------|
| 1  | ELEMENTARY    | 2–5 Grade       | ELE-M (1)   | ELE-F (2)     |
| 2  | MIDDLE SCHOOL | 6–8 Grade       | MID-M (3)   | MID-F (4)     |
| 3  | HIGH SCHOOL   | 9–12 Grade      | HIG-M (5)   | HIG-F (6)     |
| 4  | YOUTH         | 19–34 Age       | YOU-M (7)   | YOU-F (8)     |
| 5  | ADULTS        | 35–55 Age       | ADU-M (9)   | ADU-F (10)    |
| 6  | SENIORS       | 56 & above      | SEN-M (11)  | SEN-F (12)    |

## Parish Divisions

For the purposes of IPSF 2026, participating churches are classified into Division A and Division B based on the number of registered families within each parish:

- Division A: Parishes with 100 or more registered families.
- Division B: Parishes with fewer than 100 registered families.

This division system has been designed to ensure fair competition, particularly in events where Age Category Ascension/Descension is applied. Such events require a minimum of three participants per category to function effectively. By grouping parishes according to size, the festival maintains competitive balance and provides all participants with equitable opportunities to compete, while accommodating the logistical requirements of the games.

The table below outlines the churches classified under Division A and Division B for IPSF 2026.

| Church Name                            | Category |
|----------------------------------------|----------|
| St. Alphonsa Church, Austin            | A        |
| St. Alphonsa Church, Coppell           | A        |
| St. Joseph's Church, Houston           | A        |
| St. Mary's Church, Pearland            | A        |
| St. Thomas The Apostle Church, Garland | A        |
| Divine Mercy Church, Edinburg          | B        |
| Holy Family Church, Oklahoma           | B        |
| St. Thomas Church, San Antonio         | B        |
| St. Mariam Theresa, Frisco             | B        |
| St. Theresa, Kansas City               | B        |

## Age Category Ascension / Descension

### Eligibility:

- This rule applies only to Division B parishes (those with fewer than 100 registered families).

### Purpose:

- Participants from Division B parishes may move up (ascend) or move down (descend) one age category to form a complete team if there are not enough members in a specific category.

### Rules:

1. A participant can still compete in their original age category for singles, doubles, or other events.
2. A participant cannot play the same game in both their original and ascended/descended categories.
3. This rule applies only to team formation—participants are not required to stay in the new category for other events.

### Example:

- If a Division B parish has only two players in the 9–12 grade category for a team event requiring three players, one 6–8 grade participant can ascend to complete the team. That participant can still compete in their original 6–8 age category for other events, but cannot play the same game twice in two categories.

### Not Applicable for Singles/Doubles:

- The Ascend/Descend rule cannot be used for events with a single or double participant.
- For team events, at least 50% of the players on the ground must be from the original category. Any violation will result in disqualification from that game.

### Category Ascend (Move Up):

- Applicable only to Division B parishes and requires approval from the parish priest/coordinator and pre-authorization by the IPSF Organizing Team.
- A player may move up by one grade level only to help form a team.

### Limitations:

- Ascension is restricted to grade-based categories, not age-based.

- The youth category cannot ascend or descend to any category
- Examples:
  - A Youth category player cannot move up to the Adult category.
  - An Adult category player cannot move up to the senior category.

Example:

- A 12th-grade player may move up to the Youth category to complete a team, but cannot jump to the Adult category events.

Category Descend (Move Down):

- For Division B parishes, players may move down one category in certain age-based events if needed to form a team.
- Examples:
  - A senior category player may move down to the Adult category.
  - An Adult player may move down to the Youth category.

Notification Requirement:

- Any Ascend/Descend requests must be formally communicated to the IPSF Organizing Team via email at [ipsf2026@dmcedinburg.org](mailto:ipsf2026@dmcedinburg.org) for tracking and scheduling purposes.

## Competitions – Combined Categories

The following grade/age group combinations apply for each IPSF 2026 event:

- **Arm Wrestling:**
  - Two male and one female team from ages 19 through 56 & above
- **Basketball**
  - One Female Team: 9th grade through age 34
  - One Male Team: Age 35 through 56+
- **Cards**
  - One Male Team: Age 19 through 56+
  - One Female Team: Age 19 through 56+
- **Cricket**
  - One Male Team: Age 19 through 56+
  -
- **Flag Football**
  - Male: 9th grade through age 34

- Rummy
  - 3 Males: Age 19 through 56+
  - 3 Females: Age 19 through 56+
- Soccer
  - One Female Team: 9th grade through age 34
  - One Male Team: Age 35 through 56+
- Table Tennis
  - One Female Team: Age 35 through 56+
- Throwball
  - One Female Team: 6th grade through age 34
  - One Female Team: Age 35 through 56+
- Tug of War
  - One Male Team: Age 19 through 56+
  - One Female Team: Age 19 through 56+ (may include up to 2 high school members)
- Volleyball
  - One COED Team for 6-8 Grade
  - One Female Team: 9th grade through age 34
  - One Male Team: Age 35 through 56+

## IPSF 2026- CATEGORY, GAMES & SPORTS MATRIX

| SL | SPORTS & GAMES                                     | 1<br>ELE<br>(M) | 2<br>ELE<br>(F) | 3<br>MID<br>(M) | 4<br>MID<br>(F) | 6<br>HIG<br>(F) | 7<br>YOU<br>(F) | 8<br>ADU<br>(F) | 9<br>SEN<br>(F) | 5<br>HIG<br>(M) | 10<br>YOU<br>(M) | 11<br>ADU<br>(M) | 12<br>SEN<br>(M) |
|----|----------------------------------------------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|------------------|------------------|------------------|
| 1  | BADMINTON<br>(Doubles)                             | X               | X               | X               | X               | X               | X               | X               | X               | X               | X                | X                | X                |
| 2  | Basketball<br>(Team)                               | X               | X<br>(3 v 3)    | X               | X               | X               |                 |                 |                 | X               | X                | X                |                  |
| 3  | CARDS 28<br>(Team)                                 |                 |                 |                 |                 |                 | X               |                 |                 |                 | X                |                  |                  |
| 4  | CARROMS<br>(Doubles)                               | X               | X               | X               | X               | X               | X               | X               | X               | X               | X                | X                | X                |
| 5  | CHESS<br>(Individual)                              | X               | X               | X               | X               | X               | X               | X               | X               | X               | X                | X                | X                |
| 6  | CRICKET<br>(Team)                                  |                 |                 |                 |                 |                 |                 |                 |                 |                 | X                |                  |                  |
| 7  | Flag Football<br>(Team)                            |                 |                 |                 |                 |                 |                 |                 |                 | X               |                  |                  |                  |
| 8  | RUMMY<br>(Individual)                              |                 |                 |                 |                 |                 |                 | X               |                 |                 | X                |                  |                  |
| 9  | SOCCER<br>(Team)                                   | X<br>6v6        | X<br>6v6        | X               | X<br>6v6        | X               |                 |                 |                 | X               | X                | X                |                  |
| 10 | TABLE TENNIS<br>(Sing for girls<br>and women's)    |                 | X               |                 | X               | X               | X               | X               |                 |                 |                  |                  |                  |
| 11 | TABLE TENNIS<br>(Doubles for<br>boys and<br>men's) | X               |                 | X               |                 |                 |                 |                 |                 | X               | X                | X                | X                |
| 12 | THROW BALL<br>(Team)                               |                 |                 |                 | X               |                 |                 | X               |                 |                 |                  |                  |                  |
| 13 | TUG O WAR<br>(Team)                                |                 |                 |                 |                 | X               |                 |                 |                 |                 | X                |                  |                  |
| 14 | VOLLEYBALL<br>(Team)                               |                 |                 | X               |                 | X               |                 |                 |                 | X               | X                | X                |                  |
| 15 | WALKING<br>(Individual)                            |                 |                 |                 |                 |                 |                 |                 | X               |                 |                  |                  | X                |
| 16 | Arm Wrestling                                      |                 |                 |                 |                 |                 | X               |                 |                 |                 | X                |                  |                  |

The total Number of players in each Sport/Game is listed below:-

| SL | SPORTS & GAMES                          | ON THE FLOOR | SUB | TOTAL | NO OF CATEGORIES | TOTAL PARTICIPANTS |
|----|-----------------------------------------|--------------|-----|-------|------------------|--------------------|
| 1  | BADMINTON (Doubles)                     | 2            | 0   | 2     | 12               | 24                 |
| 2  | Basketball (Team)                       | 5            | 7   | 12    | 7                | 84                 |
| 3  | BASKETBALL - ELE (F) (3 v 3 Team)       | 3            | 4   | 7     | 1                | 7                  |
| 4  | CARDS (28- Team)                        | 3            | 0   | 3     | 2                | 6                  |
| 5  | CARROMS (Doubles)                       | 2            | 0   | 2     | 12               | 24                 |
| 6  | CHESS (Individual)                      | 1            | 0   | 1     | 12               | 12                 |
| 7  | CRICKET (Team)                          | 11           | 5   | 16    | 1                | 16                 |
| 8  | Flag Football (Team)                    | 8            | 8   | 16    | 1                | 16                 |
| 9  | RUMMY (Individual)                      | 3            | 0   | 3     | 2                | 6                  |
| 10 | SOCCER (Team)                           | 7            | 7   | 14    | 5                | 70                 |
| 11 | SOCCER (ELE male & Female) Mid Female   | 6            | 6   | 12    | 3                | 36                 |
| 12 | TABLE TENNIS (Doubles)                  | 2            | 0   | 2     | 6                | 12                 |
| 13 | TABLE TENNIS (Singles)                  | 1            | 0   | 1     | 5                | 5                  |
| 14 | THROW BALL (Team)                       | 6            | 6   | 12    | 2                | 24                 |
| 15 | TUG O WAR (Team)                        | 7            | 3   | 10    | 2                | 20                 |
| 16 | VOLLEYBALL (Team)                       | 6            | 6   | 12    | 5                | 60                 |
| 17 | WALKING (Individual )                   | 1            | 0   | 1     | 2                | 2                  |
| 18 | Arm Wrestling (Individual)              | 1            | 0   | 1     | 3                | 3                  |
|    | TOTAL NO OF PARTICIPANTS FOR ALL EVENTS |              |     |       |                  | 427                |

Competition-specific guidelines are included in the following appendices.

## Sports & Events with Appendices

|                 |              |
|-----------------|--------------|
| • Badminton     | – Appendix A |
| • Basketball    | – Appendix B |
| • Cards         | – Appendix C |
| • Carroms       | – Appendix D |
| • Chess         | – Appendix E |
| • Cricket       | – Appendix F |
| • Table Tennis  | – Appendix G |
| • Flag Football | – Appendix H |
| • Rummy         | – Appendix I |
| • Soccer        | – Appendix J |
| • Throwball     | – Appendix K |
| • Tug of War    | – Appendix L |
| • Volleyball    | – Appendix M |
| • Walking       | – Appendix N |
| • Arm Wrestling | – Appendix O |
| • March Past    | – Appendix P |

## Selection of Teams / Players

- Each member parish is encouraged to hold parish-level competitions for all games listed in the competition matrix.
- Teams and players for IPSF 2026 should be selected through these competitions.
- The final decision on team/player participation rests with the parish priest and the IPSF parish coordinator, as long as all category and event requirements in these guidelines are met.
- Any disputes arising from the parish-level selection process must be resolved internally within the parish.

## Team Colors

- Team colors for IPSF 2026 will be determined by drawing lots.
- All team jerseys will have a uniform design in the selected color.
- All players are required to wear the official IPSF 2026 team jersey.
- Jerseys will be available with registration.
- Past IPSF uniforms are not allowed for any game.

|                   |                                                                                     |                                |
|-------------------|-------------------------------------------------------------------------------------|--------------------------------|
| <b>RED</b>        |    | St. Alphonsa Church, Coppell   |
| <b>DARK BLUE</b>  |    | St. Mariam Theresa, Frisco     |
| <b>ORANGE</b>     |   | Divine Mercy Church, Edinburg  |
| <b>GREEN</b>      |  | Holy Family, Oklahoma          |
| <b>LIGHT BLUE</b> |  | St. Thomas Church, San Antonio |

|                        |                                                                                     |                                              |
|------------------------|-------------------------------------------------------------------------------------|----------------------------------------------|
| <b>GREY</b>            |    | St. Thomas The<br>Apostle Church,<br>Garland |
| <b>PURPLE</b>          |    | St. Joseph's<br>Church,<br>Houston           |
| <b>TEAL</b>            |   | St. Theresa,<br>Kansas City                  |
| <b>YELLOW</b>          |  | St. Mary's<br>Church,<br>Pearland            |
| <b>LIGHT<br/>GREEN</b> |  | St. Alphonsa,<br>Austin                      |

## Registration Fee

- To cover the expenses of IPSF 2026:
  - Parishes with 100 or more members: \$1000
  - Parishes with fewer than 100 members: \$500
- In addition, a \$40 registration fee per participant will be collected, which includes the cost of the official IPSF 2026 team jersey.
- All fees will be collected during online registration.

## Registration Process

- Online Registration:
  - Opens on 1<sup>st</sup> January 2026.
  - Each participant must visit the registration site, enter personal information, and upload a recent photograph.
  - The last date to complete registration is 31<sup>st</sup> March 2026
- Age Proof:
  - Participants in age categories must provide proof of age, either uploaded online or submitted in person at check-in.
  - Acceptable documents include a driving license, school records, parish documents, a passport copy, an OCI card, etc.
- Grade Proof:
  - Grade category participants must provide certified proof of school grade, signed by the respective parish vicar.
- Participant List Publication:
  - Registration closes on April 15<sup>th</sup> 2026 and the final participant list will be published on June 30<sup>th</sup> 2026.
  - Scheduling will be based on final data as of April 15<sup>th</sup> 2026
- Parish Coordinator Responsibilities:
  - Select eligible sports/games for each participant through the online registration portal.
- Changes Due to Emergencies or Injuries:
  - Changes may be allowed before July 31<sup>st</sup>, 2026 with proper approval.
  - Requests must be submitted by the parish vicar via email, clearly stating the reason.
  - All requests will be logged and published periodically.
  - No changes will be accepted after July 31<sup>st</sup> 2026.
- Final Player List:
  - Each parish must submit a final list of players, signed by the Parish Priest and Parish Coordinator, certifying eligibility.
  - The signed document must be emailed to [ipsf2026@dmcedinburg.org](mailto:ipsf2026@dmcedinburg.org) by July 15<sup>th</sup> 2026.

## Check-in Process

- Check-in Timing:
  - Check-in will be available starting from Aug 6<sup>th</sup> 2026 at 8.00 AM.
  - All participants are required to complete the check-in well in advance to participate in their events.
- Check-in Requirements:
  - Participants must collect their IPSF 2026 badge and team jersey.
  - ID verification and signing of the liability waiver (if not completed online) are mandatory.
- ID Verification for Participation:
  - Participants must present their IPSF 2026 ID badge before entering any game or sport.
  - If a participant cannot produce the **IPSF badge, a \$10** replacement fee will apply.
  - Alternative forms of valid photo ID, such as a driver's license, a passport, a school ID, etc., must be shown if requested.
  - Coordinators will verify the participant's information against the roster before approving participation.
- Exceptions:
  - If a participant cannot provide any form of ID, verbal approval from the parish vicar is required for admission into the event.

## Schedules & Reporting

### Schedule Publication:

- The first draft of the schedule will be published on June 1st and the final schedule on June 15<sup>th</sup> 2026
- The final schedule/fixture will be available online at <https://ipsf-2026.com/> and for pickup at the Welcome Center at the main venue during the event.

### Minimum Participants:

- A minimum of three players or teams is required for an event to be included in the IPSF 2026 scorecard.
- Events with two registrations will still be conducted, but no team points will be awarded. Trophies/medals will still be given to winners.

### Match Format:

The matches with 3 registrations will be scheduled on 'double elimination method' while all the rest will be scheduled on 'single elimination method'. All byes will be decided by drawing lots.

### Confirmation & Walkovers:

- Teams/players must confirm their presence at least one hour before their scheduled game with the Game Check-in Desk.
- Teams/players must be ready on the court when the final call is made.
- If a team/player is not present within 5 minutes of the final call, it will be considered a walkover, and the present team/player will be declared the winner.

### Team / Doubles / Individual Events

- Individual Events: Arm wrestling, Chess, Walking, Rummy, Table tennis(girls and women's)
- Doubles Events: Badminton, Carrom, Table Tennis (boys and men's)
- Team Events (3+ players): All other games

### Trophies & Titles

- Team Events: First and second-place teams will receive a trophy/prize.
- Individual Events: First- and second-place winners will receive a trophy/prize.
- Third place: No separate competitions for third place.

### Overall Championship & Points

- Churches are divided into Division A (100+ registered families) and Division B (<100 families).
- Team Points:
  - Team events (3+ players): First place = 10 points, Second place = 5 points
  - Individual/Doubles: First place = 5 points, Second place = 2.5 points
- The church with the highest total points in each division will be the Overall Champion.
- The runner-up will receive a rolling trophy in each division.

### Discipline & Conduct

- IPSF 2026 is a church-supported event, and all participants, officials, and spectators must maintain respectful and dignified behavior.
- Cheering is encouraged but must not be derogatory or disruptive. Profanity or abusive language is prohibited.

- The referee's decision is final; no disputes or complaints regarding referees will be entertained.
- Multiple games may run simultaneously; participants must avoid loud noise or disruptions.
- No smoking, alcohol, or recreational/stimulant drugs are allowed. Violations will be reported to law enforcement.
- Pets are not allowed. Proper athletic shoes must be worn on gym/soccer floors.
- Participants causing disruption or obstruction may be removed from the venue by law enforcement.

## Sportsmanship & Apparel

- All players must wear their IPSF 2026 team jersey purchased during registration.
- Church-colored apparel or other IPSF merchandise will also be available for purchase.
- Spikes or gear that could damage the flooring or cause injury are not allowed.
- Players must follow referees' instructions, including position changes or temporary suspensions, without dispute or disrespect.
- Participants must maintain professional and cordial relationships with teammates and opponents.
- No physical or verbal abuse will be tolerated from anyone (players, spectators, or officials).

## Injuries & Evacuation

- Voluntary Participation:  
Participation in IPSF 2026 is entirely voluntary. Any injury, accident, or damage that occurs is the responsibility of the individual participant, team, and parish. By registering, participants release the IPSF Organizing Team and the host parish from any claims related to injury, property damage, or damage to their reputation.
- Medical Assistance:
  - The IPSF Organizing Team will provide basic first aid.
  - Severe injuries will be evacuated to the nearest hospital emergency room.
  - Participants must carry their health insurance information and handle hospital formalities themselves.
  - All costs or liabilities arising from injuries will be the responsibility of the injured participant or their parish.
- Off-Court Incidents:
  - Injuries or damages occurring outside the court or to anyone other than the player during the event are the responsibility of the individuals involved.
  - IPSF organizers may provide humanitarian assistance but cannot assume liability.
- Facility Insurance:
  - The host parish will maintain insurance for accidental damage to the facility only.

- The responsible individuals must resolve any other injuries or damages. The IPSF Organizing Committee is not liable for these incidents.

## Team Management

- Each team with more than 2 participants must appoint a Manager, Coach, and Captain.
- Managers and coaches will receive an ID card specifying the events they are responsible for.
- Only the assigned Manager/Coach may handle timeouts, substitutions, or claims during the game. Other team members are not allowed in the game area for these purposes.
- The referee will assign the captain's responsibilities, such as tosses and player arrangements.

## Grievances & Fair Play

- There is no appeal against a referee's decision.
- A Compliance and Fair Play Committee will handle grievances related to eligibility, category, documentation, or non-adherence to IPSF rules (excluding referee decisions).
- Submission: Complaints must be submitted in writing by the Parish Coordinator within 30 minutes of the incident to Command Central.
- Only the authorized Parish Coordinator may submit complaints, and they must sign the petition.
- The Committee will review complaints regularly and communicate the final and binding decision to the coordinator.
- Any adjustments resulting from the Committee's decision may be applied retroactively if necessary.

## IPSF 2026 Updates

- The official website <https://ipsf-2026.com>
- Participants are expected to check the website periodically for updates and new information.

### **General policy update:**

- 1) All coordinators and team managers in participating churches of IPSF 2026 should have completed the Virtus class and their background check.
- 2) Participants/players must not be under the influence of alcohol or drugs at any time during the game. Any player found to be under the influence will be immediately disqualified from the game, including their team.
- 3) Edinburg City is a zero-tolerance city, and all participants, their families, and supporters must maintain standard city discipline during the IPSF.

## Parish Codes

|              |                 |
|--------------|-----------------|
| A – Austin   | C – Coppell     |
| G – Garland  | H – Houston     |
| E – Edinburg | O – Oklahoma    |
| P – Pearland | S – San Antonio |
| K – Kansas   | F – Frisco      |

## Conclusion

- IPSF 2026 aims to be a grand and successful event while fostering interaction and cooperation among churches and member families.
- Special focus will be on youth engagement, faith reinforcement, and promoting balanced mental and physical development.
- Through these efforts, participants can pursue their aspirations while staying steadfast in Syro-Malabar faith and traditions, passing these values to future generations.

## BADMINTON (DOUBLES) RULES

1. Feather Shuttlecock will be used (Color: white, Brand Name: YOUHE S100)
2. This game will be played in a rally point system, and it consists of the best of 3 games.
3. The first two games will be 21 points, and the third game (if needed to decide the winner) will be 15 points. The side that first scored 21 (or 15 points for the third game if held) points shall win.
4. The side winning a rally shall add 1 point to its score.
5. If a score becomes 20-20 (or 14 for the third game if held), the side that scores two consecutive points shall win that game.
6. If the score becomes 29-29, the side that scores the 30th point shall win that game. The same rules apply at 19 – 19 points for the third game.
7. The side winning a game serves first in the next game.
8. When one side reaches 11 points, both players get a 60-second break.
9. Both sides get a 3-minute break between the first and second games, and another 3-minute break between the second and third games.
10. If a 3<sup>rd</sup> set is played in a match, teams will switch sides after
11. Other rules shall remain the same.
12. The right to choose the initial order of serving, receiving, and ends shall be decided by tossing the coin, and the winner may choose to serve or to receive first or to start at a particular end.
13. A shuttle on the line is "in". The server and receiver stand in the diagonally opposite service courts (always right-hand at the start of the game), but players may move anywhere on their side of the net.
14. Fair Play: Participants must refrain from actions or attitudes aimed at influencing the games. Participants must behave respectfully and courteously in the spirit of FAIR PLAY, not only toward the referees, but also toward other officials, the opponents, and spectators.
15. Decisions of the referees are final.

## Scoring

1. A rally is won by one side if it plays the shuttle in such a way that it cannot be returned by the opponents and hits the ground inside the opponent's court (including on the lines), if the opponent's return does not cross the net, or if the opponent's return hits the ground outside the court boundaries. Furthermore, a side wins the rally if:
  - (one of) The opposing player(s) touch the shuttle with the body before it hits the ground (whether inside or outside the court)
  - (one of) The opposing player(s) touch the net with the racket or the body while the shuttle is in the air.
  - (One of) The opposing player(s) hit the shuttle before it had crossed the net (i.e., reaching over to the opponent's side of the court)
  - Both players of one side in doubles touch the shuttle
  - One player touches the shuttle more than once.
  - A faulty service is played. The winner of each rally scores a point, regardless of who is serving. This means that every mistake, even a faulty service, wins the opponent a point.

## BASKETBALL RULES

### Basketball Female Elementary 3v3

1. **Game Duration:** Each game will consist of two halves of 10 minutes each, with a 2-minute halftime break. The duration of the game might change, subject to the referee's recommendation and management consent. If the scores are tied at the end of the match, there will be overtime for 3 minutes.
2. **Game Clock:** The clock will be based on a "running clock". The clock starts when a player touches the ball after the initial possession to start the game. The official may stop the clock for an unusual delay, such as an injured player. The running clock means that the clock only stops when a timeout is called. Also, during the last 2 minutes of the second half and all of overtime, the clock will stop for any whistle that stops play.
3. **Court Size:** Use a half-court, with a hoop height of 9'.
4. **Basketball Size:** We will be using a 28.5" ball.
5. **Start of Play:** Each game, there will be home and away teams. Before the match, the first referee carries out a random toss of a quarter to decide which team will get the ball first. The away team captain will have the opportunity to make the call (heads or tails), and the winner of the toss can choose to receive the ball in the first half or the second half.
6. **Players:** A team competes with three players (on court during the game) and a maximum of 4 more substitutes.
7. **Scoring:** 2 points for every regular basket made, 3 points for baskets made beyond the arc.
8. **Out of Bounds:** If the ball goes out of bounds, the other team gets possession.
  - Sideline out of bounds:** When the ball goes out of bounds on the sideline, the opposing team takes possession and inbounds the ball from the spot where it went out.
  - **Baseline out of bounds:** If the ball goes out of bounds on the baseline, the opposing team will inbound the ball from underneath the basket.
  - **Half Court out of bounds:** If the ball goes out of bounds on the half-court line, it is considered out of bounds. The ball will be inbounded from the half-court circle to start the game/half, and any foul calls or any other calls the referee makes.

**9. Clearing the ball:** After the ball has changed possession from one team to the other (from a steal, missed shot), the other team must clear past the 3-point line before attempting a basket. If the team scores a basket before clearing the ball, the basket will not count, and they will redo the play by retaining possession and inbound the ball from the half-court circle.

**10. Made Basket:** The game will be played on a “Make it Take it” basis. Therefore, once the offensive team has scored a successful basket, they will retain possession and inbound the ball once again from inside the half-court circle.

**11. Checking up the ball:** There will be no checking up the ball on any inbound play, including off a made basket – the ref will hand the ball to the player and blow the whistle. The player inbound the ball will have to pass the ball to another offensive player to get the game going once again.

**12. Stealing the Ball:** No pressing outside the 3-point line. Defensive players must allow offensive players space to bring the ball up.

**13. Jump Ball:** Jump Ball—teams alternate possession after the opening possession.

**14. Fouls:** Limit physical contact and emphasize fair play. Common fouls include pushing, holding, tripping, and excessive body contact. Each player is allowed five personal fouls. If a player is called a foul while the offensive player is in the act of shooting, the offensive team will be awarded 1 point, and the ball will be taken out at the half-court circle.

**15. Substitutions:** Substitutions can occur during dead-ball situations or timeouts. A team is allowed an unlimited number of substitutions during the game. The player who is substituting should approach the official bench for the request. The request should have the jersey number of the player who this player will substitute. The bench will inform the referee, and only when the referee decides can the substitution take place.

**16. Timeouts:** Each team is allowed two 30-second time-outs per game. This can be used during one of the halves or split into one per half. One 30-second timeout is available during overtime. Timeouts from regulation do not carry over to overtime. Time-outs may be requested by an official only when the ball is dead and are not in effect until the official recognizes the time-out with a whistle, hand signal, and vocal command.

**17. IPSF Rules:** All players must be registered with the IPSF 2026 team prior to entering the court. Player eligibility is based on the general category and IPSF rules. Only the players recorded on the score sheet may enter the court and play in the match. Once the team captain has signed the score sheet, the recorded players cannot be changed. Players on the same team must wear the T-shirts provided in IPSF 2026. No caps or sunglasses are to be worn while playing. A player may only play on 1 team.

18. **Dress Code:** Players are asked to wear tennis shoes for their own protection. We will not permit anyone to play with hard-soled shoes or sandals. Leave all jewelry away from the court while playing.

19. **Captain and or Coach:** There should be one team captain per team. The referee will only be consulting the team captain for any decision-making. The team should also have a vice-captain, who will assume the captain's role in the absence of the captain due to any circumstance that the captain has to step out of the court/arena. Each team can also have a designated coach whom the captain can consult in making decisions. Only the team captain/coach is authorized to talk to the referees. PRIOR TO and after THE MATCH, the team captain signs the score sheet and represents his/her team in the toss.

20. **Referee:** Referee's decision will be final and not challengeable.

21. **Injuries:** Participants are responsible for any and all injuries sustained while participating. Please leave all jewelry away from the court while playing.

22. **Sportsmanlike Conduct:** Participants must know the "Official Basketball Rules in conjunction with IPSF committee rules" and abide by them. Participants must accept referees' decisions with sportsmanlike conduct, without disputing them. In case of doubt, clarification may be requested only through the game captain/coach. Participants must refrain from actions or attitudes aimed at influencing the decisions of the referees or covering up faults committed by their team.

23. **Fair Play:** Participants must behave respectfully and courteously in the spirit of FAIR PLAY, not only toward the referees, but also toward other officials, the opponents, teammates, and spectators. Rules Snapshot

#### **All Basketball Category (except 3v3 female)**

1) **Game Duration:** Each game will consist of two halves of 15 minutes each, with a 2-minute halftime break. The duration of the game might change, subject to the referee's recommendation and management consent. If the scores are tied at the end of the match, there will be overtime for 3 minutes.

2) **Game Clock:** The clock will be based on a "running clock". The clock starts when a player touches the ball after the official tosses it for the initial jump ball. The official may stop the clock for an unusual delay, such as an injured player. The running clock means that the clock only stops when a timeout is called. Also, during the last 2 minutes of the second half and all of overtime, the clock will stop for any whistle that stops play.

3) **Court Size:** Use a full court, with a hoop height of 10'.

- 4) **Start of Play:** Each game, there will be home and away teams. Before the match, the first referee carries out a random toss of a quarter to decide on which team plays from which court. The away team gets to choose which side of the coin they select during a coin toss. The team that wins the coin toss can decide on which side of the court they select. Teams will change sides after halftime. The toss is taken in the presence of the two team captains. The winner of the toss chooses: the side of the court. Tip-off will determine possession.
- 5) **Players:** A team competes with five players (on court during the game) and a maximum of 7 more substitutes.
- 6) **Scoring:** 2 points for every regular basket made, 3 points for baskets made beyond the arc.
- 7) **Out of Bounds:** If the ball goes out of bounds, the other team gets possession.
  - **Sideline out of bounds:** When the ball goes out of bounds on the sideline, the opposing team takes possession and inbounds the ball from the spot where it went out.
  - **Baseline out of bounds:** If the ball goes out of bounds on the baseline, the opposing team will inbound the ball from underneath the basket.
- 8) **Jump Ball:** Jump Ball—teams alternate possession after the opening possession.
- 9) **Fouls:** Limit physical contact and emphasize fair play. Common fouls include pushing, holding, tripping, and excessive body contact. Each player is allowed five personal fouls. If a player is called a foul while the offensive player is in the act of shooting, the offensive player will be awarded free throws.
- 10) **Team Fouls:** Free Throw 7th foul per half (one-and-one), 10th foul per half (two FTs)
- 11) **Substitutions:** Substitutions can occur during dead-ball situations or timeouts. A team is allowed an unlimited number of substitutions during the game. The player who is substituting should approach the official bench for the request. The request should have the jeplayerr of whopwwillthis plapsubstitutetitute. The bench will inform the referee, and only when the referee decides can the substitution take place.
- 12) **Timeouts:** Each team is allowed two 30-second time-outs per game. This can be used during one of the halves or split into one per half. One 30-second timeout is available during overtime. Timeouts from regulation do not carry over to overtime. Time-outs may be requested by an official only when the ball is dead and are not in effect until the official recognizes the time-out with a whistle, hand signal, or vocal command.

13) **IPSF Rules:** All players must be registered with the IPSF 2026 team prior to entering the court. The player eligibility is based on the general category and the IPSF rules. Only the players recorded on the score sheet may enter the court and play in the match. Once the team captain has signed the score sheet, the recorded players cannot be changed. Players on the same team must wear the T-shirts provided in IPSF 2026. No caps or sunglasses are to be worn while playing. A player may only play on 1 team.

14) **Dress Code:** Players are asked to wear tennis shoes for their own protection. We will not permit anyone to play with hard-soled shoes or sandals. Leave all jewelry away from the court while playing.

15) **Captain and or Coach:** There should be one team captain per team. The referee will only be consulting the team captain for any decision-making. The team should also have a vice-captain, who will assume the captain's role in the absence of the captain due to any circumstance that the captain has to step out of the court/arena. Each team can also have a designated coach whom the captain can consult in making decisions. Only the team captain/coach is authorized to talk to the referees. PRIOR TO and after THE MATCH, the team captain signs the score sheet and represents his/her team in the toss.

16) **Referee:** The Referee's decision will be final and cannot be challenged.

17) **Injuries:** Participants are responsible for any and all injuries sustained while participating. Please leave all jewelry away from the court while playing.

18) **Sportsmanlike Conduct:** Participants must know the "Official Basketball Rules in conjunction with IPSF committee rules" and abide by them. Participants must accept referees' decisions with sportsmanlike conduct, without disputing them. In case of doubt, clarification may be requested only through the game captain/coach. Participants must refrain from actions or attitudes aimed at influencing the decisions of the referees or covering up faults committed by their team.

19) **Fair Play:** Participants must behave respectfully and courteously in the spirit of FAIR PLAY, not only toward the referees, but also toward other officials, the opponents, teammates, and spectators. Rules Snapshot

20) **Basketball Size:** We will be using a 29.5" ball. (Elementary boys/All girls 28.5" ball

## Rules Snapshot on the next page.

| <b>RULE</b>                                 | <b>IPSF-Basketball</b>                                               |
|---------------------------------------------|----------------------------------------------------------------------|
| <b>Duration of Game</b>                     | Two 10-minute halves (ELE-F)                                         |
| <b>Overtime Duration</b>                    | 3 minutes                                                            |
| <b>Length of Halftime</b>                   | 2 minutes                                                            |
| <b>Shot Clock</b>                           | NIL                                                                  |
| <b>Shot Clock Reset</b>                     | N/A                                                                  |
| <b>Time allowed backcourt</b>               | 10 seconds                                                           |
| <b>Game Clock Stops After Successful FG</b> | Last two minutes of the second half and the last minutes of overtime |
| <b>Player Foul Limit</b>                    | 5                                                                    |
| <b>Bonus Free Throw</b>                     | 7th foul per half (one-and-one) 10th foul per half (two FTs)         |
| <b>Number of Players Permitted on Free</b>  | 6(four defensive, two offensive)                                     |
| <b>Jump Ball</b>                            | Teams alternate possession after the opening tip-off                 |
| <b>Legal Alley-Oop</b>                      | Yes                                                                  |
| <b>Touch Ball On/Above Cylinder</b>         | No                                                                   |
| <b>Closely Guarded For 5 Seconds</b>        | Yes (while holding/dribbling ball)                                   |
| <b>Number of Referees</b>                   | Two (one at the official bench)                                      |
| <b>Timeout for Game</b>                     | Two 30-second per game                                               |
| <b>Timeouts-Overtime</b>                    | One 20-second timeout                                                |
| <b>Timeouts Called By</b>                   | Manager/Coach                                                        |

## CARD GAMES (28) RULES

The Card game 28 (*Irupathiyettu*) is played with minor variances from region to region. The game for the IPSF 2026 will be played under the format described below.

### Players and Cards

1. Card game 28 is played by two teams of three players each. It is being played in fixed partnerships of **3 players** each.
2. 36 cards from a standard 52-card pack are used for play. There are nine cards in each of the usual "French" suits. The cards in every suit rank from high to low: **J-9-A-10-K-Q-8-7-6**. The aim of the game is to win tricks containing valuable cards. The values of the cards are:

|                            |               |
|----------------------------|---------------|
| Jacks                      | 3 points each |
| Nines                      | 2 points each |
| Aces                       | 1 point each  |
| Tens                       | 1 point each  |
| Other cards (K, Q, 8, 7,6) | no points     |

This gives a total of 28 points for cards.

### Deal and Bidding

1. Deal and play are counterclockwise; the cards are shuffled by the dealer and cut by the player to the dealer's left. Three cards are then dealt to each player, one each or a set of three cards at a time, until all the 36 cards are dealt.
2. Based on these six cards, players bid for the right to choose trumps. Each bid is a number, and the highest bidder undertakes that his or her side will win in tricks at least the number of points bid. The player to the dealer's right speaks first and **must** bid at least 16. The next chance for bidding goes first to the person on the opposite team in the counterclockwise order. If the opposite team bid for a higher number, the next player (the one sitting to the right of the player who opened the bid) from the team that opened the bid can bid for a higher value. Subsequent players, in counterclockwise order, may either bid higher or pass. If a team member bids a higher value before his/her teammate who is in line to bid says 'pass', that higher bid will be taken by the player whose turn is to bid. There is one

restriction during the bidding: if you wish to bid over your partner's bid, your left-hand opponent having passed, you must bid at least 20.

3. The final bidder chooses a trump suit based on his or her six cards and places a card of this suit face down. The card is not shown to the other players, who therefore will not know at first what suit is the trump: it remains face down in front of the bidder until, at some point during the play, someone calls for the trump suit to be exposed. Please note that once the trump card is placed down, **players, including the bidder**, are not allowed to open it until someone calls for the trump.

## The Play

1. The player to the dealer's right always (except if the final bid is a '*thani*') leads to the first trick; players must follow suit, if possible, the highest card of the suit led wins the trick, and the winner of each trick leads to the next. During this first phase, it is illegal for the bidder to lead a card of the trump suit. Subsequently, if he has only the cards from the trump suit, he can play the cards belonging to the trump suit.
2. None of the players is allowed to play a game with all the cards (6) of the same suit. If the opponent team does not have any cards from the trump suit, the game is invalidated, and the deal goes to the next player.
3. In each round, the players have to play the cards of their choice from the same suit if they have it. If they do not have any cards of the suit that is on the play, they have the freedom to call for trump or play any cards (including Jacks) from their hand without calling for trump. But once a player asks for the trump card to open, he must play a trump card if he has any in his hand.
4. During this first phase of the game, the face-down trump is not considered as belonging to the bidder's hand. Suppose the bidder holds no card of the suit that was led. In that case, the bidder has essentially the same options as the other players: to discard any card without declaring trumps, or to expose the face-down trump card and play a trump to the trick (not necessarily the one that was face down). Before opening the trump card, if a player from his own team or the opposite team leads a trick with a card from the trump suit, the bidder has to just continue the game by playing a card from any other suit if the only trump card he has is placed face down.
5. During the first phase, cards of the (concealed) trump suit have no special effect: each trick is won by the highest card of the suit led, even if it also contains cards of the suit that are subsequently revealed as trumps.
6. If a player bids '*thani*' or '*thani pidutham*', the other two players from his team shall put their cards face down immediately. NO TRUMP for THANI. The player who bid it should win all six rounds of the play.

7. Beginning with the rounds in which the trump card is exposed, each trick is won by the highest trump in it. Tricks that contain no trumps are won by the highest card of the suit led. Players must follow suit if possible: if unable to follow, they may play a trump or discard a card of another suit, as they like. As before, the winner of each trick leads to the next. The bidder is now free to lead any suit, including trumps.
8. During the first five rounds, if no one called to open the trump, the bidder will be forced to expose the trump in the last trick and play it, this being the bidder's only remaining card.
9. Any one person from each team will collect the cards from each trick that they won after each round and will place them face down on the table in front of the player. Once the cards are placed down, no players are allowed to open them until all six rounds are played.

## General Rules during the Game

The referee/judge can disqualify a team instantly if the team violates any of these rules.

1. Once the game starts, talks or gestures of any sort are not allowed.
2. Players are not allowed to move away from their chairs until all 24 rounds are finished.
3. No electronic devices, pens, papers, etc., are allowed on the game table.
4. If any foul/fraud play is found, the opposite team would be granted double the points of losing that game. (For example, during a play with a lead of 16, if a foul/fraud play is proved, the opposite team would be granted 4 points).
5. The cards are shuffled from the dealer to the right of the dealer.
6. During the game, the trump card may be opened by the bidder for viewing purposes.

## Scoring

1. When all six tricks have been played, each side counts the card points in the tricks it has won. The bidding team needs at least as many card points as the bid to win; otherwise, they lose.
2. The cumulative scores of the two teams are recorded on a piece of paper. The number of game points scored depends on the bid, not on the exact number of points taken in tricks.
3. If the bid was 19 or less, the bidding team wins one game point if successful, but loses two game points if they fail.
4. For bids from 20 to 24, the bidding team wins two game points or loses three game points.

5. For bids of 25 or more, the bidding team wins three game points or loses four game points.
6. For 'thani', the winning team wins 4 points or loses 5 points.
7. Cot/Counter Cot
  - On a game with a highest bid of 19 or less, if the winning team wins all the tricks before the last two cards, who has the highest open card on the play announce loudly 'the game is COT' or the 'the game is COUNTER COT' and if they win all the remaining tricks they get twice the usual number of game points.
  - To prevent this, their opponents can offer to surrender before the end of the play. If the winning side accepts the surrender, play ends, and they just score the single amount for the bid; if the winning side insists on playing on and wins all the tricks, they win a double game, but if they lose any tricks at all, they lose double points for that game.
  - Cot can be asked or declared at any point, but the player who asks or declares 'cot' must have a minimum of two cards left in his/her hand at the time of declaration.
8. Each match consists of 24 rounds of play. At the end of 24 rounds, if both teams have scored equally. Two games each will be played till one team has a lead in score, and that team will be declared the winner of that match and will go to the next level.
9. There will be a 5-minute break after 12 rounds of play.

## CARROM RULES

1. Game format will be black and white and best of three games, so points will not be calculated. Whoever finishes their coins first will win, regardless of who makes "RED" into the pocket.
2. Carrom pieces can only be struck directly if it is not touching the player's baseline or arrow or situated behind the baseline. If this is the case, the player must hit the carrom piece by rebounding the carrom striker off any side of the carrom board or any other carrom piece on the carrom board.
3. Whoever plays first or breaks is always white. The object of the game is to sink all of your pieces, using the heavier 'striker', in any of the pockets before your opponent. Your turn continues as long as you keep sinking your pieces - luck shots count, and all combinations are permitted.
4. When placing the striker on the board to shoot, the striker must touch both 'baselines', either covering the red circle completely or not touching it at all. The striker may not touch the diagonal arrow line.
5. Shooting styles are very personal - whichever 'grip' works for you is fine as long as you 'flick' the striker and don't push it. You can orient your body in order to see the line of your aim while shooting comfortably; you may not move or leave your chair.
6. If the striker does not leave both lines, go again. You get three tries to break before losing your turn.
7. For forward shots, you can use your index finger, middle finger, or even the 'scissors' shot.
8. No part of your body, except your hand, may cross the imaginary diagonal line, nor may your elbow protrude over the frame in front of you. Even your feet or knees may not leave your quadrant.
9. Sinking the striker costs you one piece and your turn. But, if you sink a piece in the same shot and make it in the pocket last, then two come up and you shoot again.
10. If, while shooting for the queen [red], you also have to sink one of your pieces.
11. If a piece jumps off the board, it is placed on the center spot. If pieces land on end or are overlapping, they are left that way.
12. If the center spot is partially covered when replacing the queen or a jumped piece, the piece should cover as much red as possible. If totally covered, the piece is placed opposite the next player behind the red spot.
13. The red piece, or 'queen,' can be pocketed at any time after sinking your first piece, but must be sunk before your last one. After pocketing the queen, you must sink one of your pieces, thereby 'covering' it, into any pocket in the next shot, or she is returned to the center spot.

14. Once the queen is covered, whoever clears their pieces first wins the 'board'.
15. If you sink your opponent's piece, you lose your turn. If you sink their last piece, you lose the board.
16. If you sink your last piece before the queen, the coin goes back to the center and loses your turn.
17. A player will be allowed a maximum of 15 seconds to strike. If a player exceeds this time, he/she will lose that attempt. Referee's decision is final on this matter.
18. If only one coin is left with RED, and the player pockets both coins together, the game ENDS. If the RED goes with the opponent coin and if that is the last coin for the opponent, the opponent WINS. If the opponent has more than one coin, the RED comes back to the center, and the opponent's coin will stay in the pocket.
19. You can directly hit the opponent's coins unless the coin is the last coin of his/her. No direct hit is allowed to the opponent's coin if only one coin remains for him/her. If you directly hit the opponent's last coin, the coins touched will return to the original positions, and you will lose the turn. If you pocket the opponent's last coin, you lose irrespective of the presence of the RED.
20. Game Time Restrictions:
  - All Categories will have time restrictions as follows:
    - i. If the game is not complete within 15 minutes and if RED is still on the table, the RED coin will be eliminated. If the game is still not finished after 20 minutes, whoever has the most coins scored will win. In case of a tie at the 20-minute mark, the game will enter a sudden-death state (i.e., the game will continue until the next scoring shot, which will be decided by a lot)
21. A player can bring his/ her own striker. Striker with metal is not allowed.

## CHESS RULES

These regulations are intended for the smooth running of the competition.

### Game Schedule

1. The participants for the chess competition will be paired through a draw of lots, and the matches will be in a single elimination format.
2. Time: The time of the game will be limited to 25 minutes of chess clock time per player. The player who loses on time will lose the game. A chess clock with a time delay feature will be used for each game.
3. We will be providing manual chess timers to use in all the matches. The player is required to set time control to 25 minutes and a delay of 2 seconds.

### Rules in a Nutshell

1. Players should be present for the competition 5 minutes before the scheduled time. Proper ID must be shown to the Arbiter before the start of the game.
2. The players may choose to play with white or black pieces by mutual agreement, or if not, an agreement is reached; the selection may be made by putting a LOT.
3. Players shall set up the pieces on the board by themselves.
4. The player must press his side of the chess clock immediately after moving a piece.
5. If a player touches a piece, then that piece must be moved as long as it is not an illegal move.
6. The touch capture rule must also be followed. If a player touches any piece of the opponent, then that must be removed from the board as long as it is legal to do so.
7. If the player wants to adjust the piece on the Board, the player must announce their intention as "I adjust."
8. If a pawn is promoted, then the player should immediately place the piece of his selection on the board to replace the pawn.

9. The rules of en passant, castling, stalemate, and draw will need to be followed by the players in accordance with the FIDE rules.
10. A player wins if the opponent's King is checkmated.
11. The players must record the moves in a score sheet and report the winnings to the Arbiter, and should sign the score sheet.
12. If a player runs out of time, the opponent can call for time, and the player who runs out of time will lose the game.
13. No interference will be permitted from outside during the play. The players can bring a volunteer or recorder if they are unable to notate the movements, and the names should be reported to the arbiter before the play. They should not advise, interfere, or show any gestures or signs to the players that can adversely affect the results of the play. In case any dispute arises, it must be reported to the arbiter, and the decision of the Arbiter (Referee) will be final.
14. In the case of a draw (stalemate, 3-fold repetition, mutual agreement between players) in the single elimination round, those two players will play a tiebreak game. The format will be as follows: after a coin toss to decide sides, both players will play a 5-minute per side blitz game with no increment or delay; if this still proves indecisive, another coin toss will be held to decide sides, after which a 1-minute per side bullet game will be played to determine the winner.

## APPENDIX F

CRICKET RULES

|                                                  |                                                                                                                                                                                                             |
|--------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>DATE</b>                                      | March 13th, 14th and 15th 2026                                                                                                                                                                              |
| <b>VENUE</b>                                     | City of Pharr Cricket Ground<br>Dr. William Long City/School Park<br>1000 E Eldora Rd, Pharr, TX 78577<br><a href="https://maps.app.goo.gl/9h6rxyfnWrB3jt2H7">https://maps.app.goo.gl/9h6rxyfnWrB3jt2H7</a> |
| <b>SCORING</b>                                   | As per ICC/CCL rules                                                                                                                                                                                        |
| <b>TYPE OF THE BALL</b>                          | SG Spark Hard Tennis Cricket Ball (Red)                                                                                                                                                                     |
| <b>EXTRAS</b>                                    | WIDES: As per standard ICC rules<br>NO BALL: As per standard ICC rules<br>LEG BEFORE WICKET: No LBW<br>BYES: No Leg Byes, but Byes will be applicable.<br>Overthrows: Overthrows will be applicable         |
| <b>MAXIMUM NO OF REGISTERED PLAYERS PER TEAM</b> | 16                                                                                                                                                                                                          |
| <b>NUMBER OF OVERS PER INNING</b>                | League games will be 12 Overs each<br>Semi-Finals will be 15 Overs each<br>Finals will be 20 overs (depending on time)                                                                                      |
| <b>ATTIRE</b>                                    | Teams must be wearing their respective IPSF 2026 jerseys at all times during the game.                                                                                                                      |

## DETAILED RULES

### A. Registration

1. All 16 members of the cricket team must be registered before the end of day on Jan 15<sup>th</sup> 2026
  - Team changes will not be accepted after the registration window.
2. Waiver Form
  - All teams participating must sign a waiver indicating that any damage caused to the Ground property or neighboring personal property of anyone while playing is their responsibility and that the IPSF 2026 organizing team will not be held responsible for any loss or injury.
  - A player cannot take the field for any reason without signing the waiver form 30 minutes prior to their first game. (Waiver format: Electronic/Physical Copy -TBD).
3. CricClubs Accounts
  - a. We will be using CricClubs for scoring, and all registered members (16) in a team must have a profile on CricClubs created before the end of the day on Feb \_15th 2026\_\_. You can use an existing profile or create one if it is not already present on CricClubs.
  - b. The organizing committee can help with this as needed.

### B. Location & Format

1. All games will be played at the City of Pharr Cricket Ground, Pharr, TX
  - a. This venue has been reserved for March 13, 14, & 15 for cricket only.
  - b. If we have to reschedule games for any reason, the ground/location details will be communicated in due course by the organizing committee.
2. The pitch (concrete with carpet) and the boundaries will be set before the first game of the day, depending on the ground conditions, and they are expected to be the same for all the games during the weekend.
3. Overs:

League Games:

- Are played 12 overs a side
- **Each bowler can bowl max of 2 overs only, with an exception of two bowlers of the fielding team's choice who can bowl 3 overs each.**
- Power play is the first 3 overs

#### 4. Format:

9 teams will be grouped into 3 groups, selected randomly.

- Each team can play 2 games in their group
- There will be 6 games on day 1 and 3 games on day 2
- Groups are formed for scheduling purposes only

**Preliminary wins are worth 4 points. Teams affected by an abandoned (no result) or tied game will get 2 points each for such a match. Also, a loss for a team will get 0 points.**

**The top team from each of the three groups will advance to the semi-finals. These teams will be listed as Team 1, Team 2, and Team 3, respectively. The highest-ranked team from the remaining teams across all three groups (based on points, NRR, and other usual ICC methods for determining the standings), will be the fourth team (Te**

- Winners of the 2 semi-finals, will meet in the Finals
- Power Play Field Restrictions – Only 2 fielders are allowed outside the 30 yard circle during power play overs

### C. Scheduling

1. There will be no shortened games. Games will not be decided without both teams getting to play their allocated quota of 12 overs.
2. If a game is delayed or not completed due to bad light, bad weather, or any other unforeseen circumstances, then the game will be postponed or rescheduled.
  - The first option is to resume the game and complete it on the same day after a delay.
  - If the game is postponed to the next day in the same weekend, the playing 11 cannot be changed. In this case, the game will resume from where it was stopped the previous day.
  - If the game is rescheduled to a different weekend, the game will be restarted, and the playing

11 can be changed.

3. However, please note that several other unforeseen situations and complications may arise. The final decision, after consultation with the playing captains, will be made by the organizing committee. Interference from other teams will not be entertained.
4. If it has rained the previous night or is raining, the pitch and playing conditions will be reviewed periodically by the umpires before the start of play. The game will only start once the umpires decide that playing conditions are safe for the players.
  - The playing 11 and the 12th man are expected to be present at the venue until the game is called off for the day.

#### D. Game schedules & Attendance

1. Both captains (and or Vice-Captain) must be present for the toss at least 30 minutes before the scheduled game time. If the captain (and vice-captain) is not available, that team will forfeit the toss.
2. Coin toss will be completed off the field, and both teams will be fully prepared to take the field as soon as the field is available at the scheduled game time.
  - The Playing 11 & the 12th man (only fielding substitution) from both teams must be present at the venue 15 minutes prior to the start of their scheduled game.
  - Both teams are expected to be ready to begin play at the scheduled time. Any deliberate delay in the start of a game will result in the guilty team being penalized and ultimately disqualified from the competition. In this case, the other team will get 4 points.
  - The game will not be held up due to the absence of any player from either side.
3. Any side not ready to take the field (or an incomplete team - short of playing 11) may forfeit or must take the field with 'player(s) short' and they have to play the whole game with player(s) short.
  - Switching players is not allowed once the game starts.
4. Teams completing a game are expected to exit the field in an orderly and efficient manner and clean up any trash from the ground.

#### E. General Rules

1. All teams and their players must abide by the rules and regulations of the park they are playing in; NO alcoholic drinks, no public indecent exposure.
2. The IPSF 2026 Organizing Committee reserves the right to amend the Rules at any time if it considers such action to be in the best interests of the competition.
3. The organizers will only be responsible for the playing surface, stumps, and balls. They are not

responsible for providing any other cricketing gear to the participating teams.

4. Decisions by the on-field umpires are final. Any player showing unreasonable dissent in the opinion of the umpires/adjudicator shall be disqualified from further play in the tournament following due and fair warning from the umpires.
5. A player involved in the physical abuse of an umpire will be disqualified from the game immediately, and the team will not be allowed to field a substitute in his place. The IPSF cricket committee will, however, take an appropriate action/penalty for his actions.
  - There is no restriction on the field placement other than that no fielders are allowed directly behind the wicket keeper and the bowler.
  - However, any conspicuous movement by a fielder once the bowler starts in his bowling stride to the instant that the ball is delivered is prohibited. The on-field umpires will have full discretion in adjudicating on these incidents.
  - Please note that only 2 fielders are allowed outside the 30-yard circle during the power play overs.
  - A minimum of 4 fielders has to be inside the 30-yard circle during non-power play overs.
  - The maximum number of players on the leg side should be five at any given time (excluding the bowler and irrespective of him bowling over or around the stumps.)
6. Fielders and bowlers are also prohibited from talking or shouting anything from the instant the bowler starts the bowling stride to the instant the ball is either played or crosses the normal batting position of the batsmen.
7. Also note that in the case of run-outs and stumping, a batsman is considered to be out of his ground unless a part of his bat or body is grounded inside the crease. Thus, if the body or the bat is grounded on the crease line, but not inside, the batsman is "out".
8. No player should enter the playing area outside of their game times without the permission of the umpires.
9. To ensure the timely completion of all 12 games over the span of 3 days, we will be utilizing only one bowling end.
10. There will be an optional 5-minute drinks break after 6, 8 and 10 overs (for league, semis, and finals, respectively) during each inning.
11. There will be a 10-minute innings break allowed between each innings.
  - All the applicable players (fielding 11 and 2 batsmen) should be available and ready to take the field after the innings break without additional delays.
12. Leg Before Wicket - There will be no LBW allowed in any game in the competition.

13. No Balls - A Free Hit will be awarded after all modes of No Ball.

- If the No Ball was called for having too many fielders outside the circle, the field can be changed for the Free Hit even if there is no change in striker, but only to the extent of correcting the breach. A minimum of four fielders has to be inside the 30-yard circle at all times to avoid a no-ball.
- If the no-ball was called for any other reason, the field cannot be changed if the same batsman is on strike.
- Only one bouncer allowed per over. The second bouncer in the over will be a no-ball.

14. Any bowler who delivers more than one beamer passing above the waist height of the batsman, in the same inning, irrespective of speed, will be prohibited from bowling for the remainder of that inning.

15. Batsmen are recommended to wear leg-pads, a helmet, hand gloves, and an abdominal guard (groin protector).

16. If a batsman gets caught out, the new batsman will always be at the striker's end for batting. (No Crossovers)

## F. Code of Conduct

1. Everyone involved should follow the rules and regulations of appropriate conduct on the field.
2. We encourage the participating teams to play in line with the laws and spirit of the game.
3. As far as the cricketing code of conduct is concerned, the teams are here to have fun and build camaraderie. Sledging is strictly prohibited. But the difference between encouraging one's own teammate and sledging can sometimes get unclear. Under such circumstances, the umpire will have the say in deciding what the tolerable limit is. If the umpires find things exceeding the limit, they might recommend expulsion of player(s) or disqualification of the team from the match/competition. The final decision in such matters will lie with the IPSF 2026 Organizing Committee.
4. We strongly discourage any physical or verbal (direct or implied) attack by a player(s) against: A) The umpire, B) Other players, C) The stumps, ball, or other cricket gear, D) Spectators, E) Venue property.
5. Unruly and unsportsmanlike behavior will not be tolerated. Guilty players will be ejected. If the player refuses to leave the field, the team will be penalized with forfeiture of the game. No substitutes will be allowed for the ejected player.
6. The umpire and the organizing committee will decide what constitutes unruly or unsportsmanlike behavior.
7. Players abusing or threatening either umpires or opponent team members can be suspended for

one or more games.

## G. Umpiring Duties

1. Neutral umpires will adjudicate each game, and their decisions are final.
  - Please note that bowler action (chucking) calls are also at the complete discretion of both on-field umpires.

## TABLE TENNIS (SINGLE) RULES

### Basic Rules of Table Tennis

#### Scoring and Games

1. Games are played to 11 points
2. Players serve two serves each, alternating. A player does not have to win specifically off their own serve in order to win a point
3. If a game ties at 10-10, a player must win by 2 points. In this situation, players serve one serve each, alternating
4. Games are played best of 5 games (first to win 3 games)

#### Legal Serving

1. You must throw the ball up straight, from a flat palm, at least 6 inches (16cm)
2. Your toss and service contact must be behind the table surface (not over)
3. You cannot hide the ball from the ball toss to contact, with any part of your body
4. If the ball hits the net during service, it is a let, the point is replayed. There is no limit or point deductions for let serves.

#### Equipment Basics

1. A table tennis racket must be one side black, one side (recently approved) any approved color
2. The official approved ball is the 40mm+ plastic ball
  - a. For more details please refer:
  - b. <https://www.teamusa.org/usa-table-tennis/rules>
  - c. <https://cornilleau-tabletennis.com.au/official-ittf-table-tennis-rules>

## General Guidelines

1. In table tennis the ball, having been served or returned, shall be struck so that it passes over or around the net assembly and touches the opponent's court, either directly or after touching the net assembly. The server shall first make a good service, the receiver shall then make a good return, and thereafter, server and receiver alternately shall each make a good return.
2. The winner of the match is the one who wins the best of **five** games. The games will be of 11 points to decide the winner. There must be a difference of 2 points to win. If both players score 10 points each, the game shall be won by the first player subsequently gaining a lead of 2 points.
3. The right to choose the initial order of serving, receiving and ends shall be decided by tossing the coin and the winner may choose to serve or to receive first or to start at a particular end.
4. Service shall start with the ball resting freely on the open palm of the server's free hand. As the ball is falling, the server shall strike it so that it touches first his court and then, passing directly over or around the net assembly and touches the receiver's court.
5. [A rally is the period during which the ball is in play. A let is a rally of which the result is not scored. A point is a rally of which the result is scored]
6. A LET [NO SCORE]
7. A rally is a let:
  - If in service the ball, in passing over or around the net assembly, touches it, provided the serve is otherwise good or is obstructed by the receiver or his partner.
  - If the service is delivered when the receiving player or pair is not ready, provided that neither the receiver nor his partner attempts to strike the ball.
  - If, the failure to make a good service or a good return or otherwise to comply with the Laws is due to a disturbance outside the control of the player.
  - If play is interrupted by the umpire or assistant umpire.
  - To correct an error in the order of serving or receiving or ends.
8. A POINT
  - Unless the rally is a let, a player shall score the point:
    - i. If his opponent fails to make a good service.
    - ii. If his opponent fails to make a good return.

- iii. If, after he has made a good service or a good return, the ball touches anything other than the net assembly before being struck by his opponent.
  - iv. If the ball passes beyond his end line without touching his court, after being struck by his opponent.
  - v. If his opponent obstructs the ball.
  - vi. If his opponent strikes the ball twice successively.
  - vii. If his opponent strikes the ball with a side of the racquet blade having an illegal surface.
  - viii. If his opponent, or anything he wears or carries, moves the playing surface.
  - ix. If his opponent, or anything he wears or carries, touches the net assembly.
  - x. If his opponent's free hand touches the playing surface.
9. The score of the server is always announced first.
10. Service changes every 2 points, except during extra play where it changes each time.
11. A minute break is given between games. A player or pair may claim one time-out period of up to 1 minute during a match. The request for a time-out, which shall be made only when the ball is out of play, shall be made by making a "T" sign with the hands.
12. Players shall not choose balls in the playing area. Players are entitled to practice on the match table for up to 2 minutes immediately before the start of a match but not during normal intervals. The specified practice period may be extended only with the permission of the referee. As always, the referee's decision will be final.

## EXTRA RULES FOR DOUBLES

The Games are played as per the international standard rules. The four extra rules for the doubles are as follows in addition to the rules of Table Tennis (Singles) as mentioned in Appendix D.

- The players must take it in turns with your partner to hit the ball
- The players always serve from your right-hand box to the diagonal box
- The players serve your 2 serves at a time to the same person for the whole game up to 11
- When the team has finished 2 serves, the team swaps sides with your partner. The person you were serving to now "serves" and your partner is the new receiver.

## Appendix H

# FLAG FOOTBALL

## General Gameplay Guidelines

1. Flag football is an 8-on-8 non-contact sport played on an 80-yard by 50-yard field. The maximum number of players on a team is 16.
2. Quarterfinal and semifinal games will consist of two 15-minute halves, with a two-minute halftime.
3. The final game will consist of two 20-minute halves, with one two-minute half-time.
4. The referee will maintain a running clock except for the last two minutes of the second half, where the clock will stop in between plays or while the ball has not been snapped or is not in play. The play clock will be 24seconds
5. If the game is **under 18 points** during the **final two minutes** of the **second half**, the **clock is stopped**
  - for an incomplete pass,
  - If a player goes out of bounds before having their flag pulled,
  - If either team scores, for a change of possession,
  - If a penalty must be marked off
  - If a team calls a timeout
  - The clock does not stop on first downs or for a completed pass in bounds.
  - If a team is 18 points or more ahead at the 2-minute warning of the second half, the game will be ruled "over"
  - **The clock starts after the ball is snapped.**
6. UNIFORM RESTRICTIONS
  - All players must wear their IPSF church t-shirt.
  - PLAYERS MAY NOT WEAR SHORTS WITH POCKETS, or jewelry of any kind.
  - Please note that taping your pockets is not acceptable, and they will have to turn their shorts inside out. This is to prevent injury.

7. Game Leads will provide all field equipment, including footballs and flags.
8. Players may not alter the provided flags; otherwise, it will result in player ejection.
9. Any player who is bleeding must leave the game immediately. The bleeding must be stopped, and the wound securely covered with a bandage before the player can continue. The game will confirm this lead.

## Start of the Game

1. Each team shall designate a captain to act as team spokesperson and make decisions.
2. Only the captain may talk to the referees if any issues or conflicts arise.
  - a. Team representatives, including players, spectators, team managers, coaches, and group members, are subject to these guidelines.
3. The referee will have the two captains toss for the choice of ball or play direction. The winning captain will have the first choice of the ball or direction of play.
4. Teams change directions and possession at halftime.

## Substitution Rules

1. Teams may substitute players anytime during the game after notifying one referee. The Referee will signal to the players and other referees that a sub has been made. There will be three referees per game
2. If one of the teams doesn't have enough players, at least six must be on the field for the game to continue.

## Time Outs / End of Game

1. Each team is allowed 1 (one-minute) time-out in the first half and two time-outs (one minute each) in the second half. If not used, the 1 time out in the first half does not carry over.

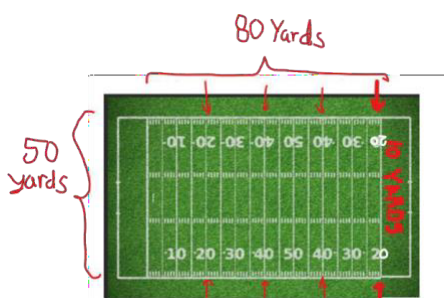
2. About two minutes before each half ends, the referee will inform each team of the playing time remaining in that half. If a touchdown has occurred after time has expired, the extra point conversion will be allowed.
3. A half cannot end on a defensive penalty. The game will be extended for one more play. However, if the penalty is on the offensive team, the defense can accept the penalty and end the game.
4. A leading team can call no timeouts if they are ahead by 18 points or more in the first or second half. Time will only be stopped during timeouts and serious injuries.

## Line of Scrimmage

1. The ball starts on the 20-yard line. The center must snap the ball between the legs. No direct snap is allowed. The snap must travel a minimum of 5 yards to be legal. A center snap may touch the ground before it gets to the quarterback and remain playable if the quarterback fields it cleanly off of a bounce (one or more) or from the ground. However, if the quarterback muffs the ball to the ground or the ball goes past the quarterback, it is dead where the ball touches the ground.
2. There will be a 1-yard neutral zone between the line of scrimmage and the defense, marked by flat cones.
3. Only one offensive player may be “in motion”, moving as the ball is snapped. The player in motion can move laterally or backward at the snap, but not forward. Except for the player “in motion,” all players must be set before the ball is snapped.
4. Aside from the Center position, there is no minimum number of players required to line up on the line of scrimmage. After a play, the line of scrimmage is determined by the location of the hips when the officials pull the flags. The ball becomes dead when the flag is removed legally (If the belt/flag falls off).
5. There will be a 24-second countdown for the offensive team to snap the ball. It begins when the referee has marked the line of scrimmage and has signaled it to the team.

## Downs & Punting

1. First downs are obtained by crossing your 40-yard line, your opponent’s 40, or wherever the referee marks 1st down in the case of a penalty. If a team fails to earn a first down in four plays, possession will go to the opposing team. 1<sup>st</sup> downs are obtained 20 yards from where the referee has marked the line of scrimmage. In a standard scenario, see the image.



### Visual of Standard 1<sup>st</sup> downs and goal-line.

2. The offensive team must declare punts on fourth down to the referee with enough advance warning for the defense to put players back in receiving formation. Once the offensive team declares with the official whether to punt, but then changes their decision, they must use a timeout before being allowed to proceed. No fake punts are allowed, and all punts must be kicked.
3. The kicking team must stay on the line of scrimmage until the ball is punted. Five players from the receiving team must be on the line of scrimmage. The receiving team may fair catch the ball or advance it. The receiving team can field the ball off one bounce; however, when the ball hits the ground a second time, it becomes a dead ball. If the ball travels into the end zone without being touched, a touchback is called, and the ball is placed at the 20-yard line. The defense may not block a punt.

## Blocking & Rushing

1. "Blocking" with hands is not allowed. This includes downfield "blocking" during an offensive play and a returned punt. NO CONTACT is allowed at the line or downfield by any defensive player guarding a receiver. Players may block with their hands behind their back at the line of scrimmage, but may not do so 5 yards past the line. The blocker becomes an eligible receiver after the ball is snapped.
2. All defensive players must play a yard off the line of scrimmage and can rush once the ball is hiked to the quarterback.

## Passing

1. A forward pass is completed when caught by any player of the passing team who has at least one foot in-bounds. If opposing teams catch the pass in-bounds simultaneously, the tie goes to the offense. If a player steps out of bounds and comes back in-bounds to be the first person to touch the ball, it will be ruled an incomplete pass. However, if a player steps out of bounds, they will be eligible to catch a deflected ball.

2. After the immediate completion of a play, the referee will place a marker at the line of scrimmage. The offense has 25 seconds to put the ball in play after it is declared ready by the head judge (i.e., when the marker is placed). No player shall put the ball in play until declared ready-for-play.
3. The QB may run for positive yards at any time. The QB need not be rushed (i.e., defensive player crosses the line of scrimmage) to run for positive yards.
4. A change of possession can only occur due to downs, a punt, or an interception. A fumble where the ball hits the ground cannot result in a turnover (the ball is dead at the spot of the fumble). A lateral caught by the defense will result in a turnover.
5. On a change of possession, the offense must allow the defense to get set for 15 seconds after the marker has been placed before the offense can snap the ball.

## Scoring

1. Touchdowns are six points.
2. After scoring a touchdown, teams may elect to go for either one, two, or three extra points:
  - 1 point – attempted from the 3-yard line
  - 2 points – attempted from the 10-yard line
  - 3 points – attempted from the 20-yard line
3. If the defense intercepts a pass or a lateral, they may attempt to return the ball for a score.
4. If the defense returns the interception for a score, they will be awarded the number of points equal to the original value attempted by the offense.
5. Safeties are 2 points. The scoring team will now go on offense with the ball placed at their own 20-yard line.
6. After a player has scored, the referee will examine the player's flags to ensure their integrity.

## Penalties

1. Moving penalties can be accepted or declined by the defense. If declined, the play stands as ruled. If accepted, the penalty is yardage, and the down is replayed. Penalties committed by the defense vary by infraction:

### Loss of Five-Yard Penalties

1. Offsides
2. Encroachment
3. False Start (loss of down)
4. Delay of Game (loss of down)
5. Illegal Formation/Procedure/Snap/Shift/Motion:
  - a. Except for the Center, there is no minimum number of players required to line up on the line of scrimmage.
  - b. Any player receiving a snap directly from the Center must be at least 5 yards behind the line of scrimmage.
  - c. Offensive players must assume a set position and come to an absolute stop (except one man in motion). The player in motion may only move laterally or backwards.
6. Illegal Forward Pass (loss of down)
  - a. An offensive player cannot cross the line of scrimmage and then throw a forward pass.
  - b. The offensive team cannot throw more than one forward pass per down.
7. Intentional Grounding (loss of down).
8. No Diving (spot foul) – No player may dive in order to gain positive yards, including crossing the goal line.

### Loss of Ten-Yard Penalties

1. Defensive Pass Interference/Illegal Use of Hands/Illegal Contact (automatic first down)
2. Offensive Pass Interference (loss of down)
3. Roughing the passer (automatic first down)

4. Flag Guarding/Stiff Arming/Any Intentional Contact
5. Illegal Blocking (spot foul) – No player may use their hands to block an opponent. Offensive players may not run downfield past 5 yards from the line of scrimmage in front of or parallel to the ball carrier, whether you intended to block or not. They may run behind to receive a lateral.
6. Kick Catch Interference
7. Illegal Flag Removal
8. Illegal Kicking
9. Illegal Participation
10. Stripping the Ball/Attempting to Strip the Ball
11. Hurdling a Player/Attempting to Hurdle a Player
12. Illegal equipment (loss of down), including but not limited to:
  - a. Tying, modifying, or in any way changing the intended use of flags to make it more difficult for the defense to pull.
13. Unsportsmanlike conduct, abusive or insulting language, or gestures to another player or referee, and taunting are not permissible under any circumstances. The player may be disqualified for the above actions if judged by the referee to be flagrant.

## Overtime Rules

1. The Winning Team from the Coin Toss, with the captains, decides on first or second possession. Teams will attempt to score in the same end zone.
2. Each team will then have four downs to score from the 20-yard line. If a team scores, they will have the opportunity to go for one, two, or three extra points. If a tie occurs after the first round, then teams will repeat using the same format.
3. However, the team that defended first is now on offense first. If a third round is needed, then the teams must go for two or three extra points. The game will be decided when one team scores more points in the round. No first downs will be awarded except in the case of a penalty.

## Equipment

Wilson NFL Authentic Football – The Duke (Official Size) will be used for the game.

Flag-a Tag Sonic Boom Flag Belt (42-inch waist/52-inch waist) will be used.

## RUMMY RULES

### General Guidelines

1. The maximum number of participants is limited to **3 per** Parish.
2. There will be three tables, with a maximum of **8 players** per table.
3. The first three winners of each table will advance to the Final round, totaling 9.
4. There will be first and second-place individual winners as per IPSF rules.
5. The target score is set to **250**
6. The limit is set to 15 seconds between each player to draw a card from the stock pile or the discard pile and to discard the extra card. Violation of this rule will result in the addition of 3 points to the respective score sheet.

### Game Setting

1. **Three decks of 52** cards will be used, which will include one wild card (Joker) per deck. Each player will be dealing with 13 cards.
2. **The distributor** deals each player 13 cards face down. The next card from the deck is turned face up, which indicates that it is the start of the discard pile. The rest of the deck is positioned face down and becomes the stockpile. The cards are distributed in anticlockwise motion.
3. **Opener:** The method of choosing the opener will be decided by the referee, with the mutual understanding of the players. The right to begin the game is reserved for the opener.
4. **The End of the match:** In the first round, the end of the match will be when all the players cross the target score (250) except the last three players. In the final round, the end of the game will be when all the players cross the target score (250) except any one of the players.
5. **Extra Joker:** An extra card can be opened at the start of the game, and all the cards of that rank, regardless of suit, can be used as jokers. During this process, if a Joker is picked up from the pile, No. 2 will be considered as an extra Joker for that particular game. The right to pick an extra Joker is reserved for the player on the left side of the distributor.

6. **Discarding:** The players have to throw out a card to the discard pile that is different from the card the player drew earlier from the discard pile. In other words, the player cannot draw and discard the same card from the discard pile.

## Objective of the game

1. The purpose of the game is to complete a hand with most or all cards formed into Sets and / or Runs. A Run (sequence) is comprised of three or more cards bearing the same suit and in consecutive order, such as for example:

| Example of a Valid Run | Example of an Invalid Run |
|------------------------|---------------------------|
| 3♣ 4♣ 5♣               | 3♠ 4♣ 5♥                  |
| 4♥ 5♥ 6♥ 7♥ 8♥         | 4♥ 5♥ 6♦ 7♥ 8♥            |

A set is formed of three or four cards that are of the same rank and of different suits, such as, for example:

| Example of a Valid Set | Example of an Invalid Set |
|------------------------|---------------------------|
| 3♥ 3♣ 3♦               | A♥ A♠ K♦                  |
| 9♦ 9♣ 9♥ 9♠            | J♣ J♦ Q♣                  |

2. A card can be used only once, either in a Set or in a Run. In other words, the players cannot use the same card for both a Run and a Set.. Note that in a Set, each card must be of the same rank and a different suit. However, when three decks are used, situations do arise where the players have in their hands, for example, K♥ and K♥. This cannot be added to K♣ to form a valid Set of three, as the first two Kings are of the same suit.
3. The hand must contain at least two sequences (Runs), and if jokers are in play, at least one of those should be a "natural" or "pure" sequence (i.e., containing no joker wild card) before it can be counted. The first pure sequence is sometimes referred to as "Life 1" and the second, which can be non-pure, is sometimes referred to as "Life 2". A joker may be used anywhere, either in a Run or Set, once you have formed 'Life 1'. The "Life 1" can also be formed with any three identical cards (Thennali).

## How Rummy is played Turn by Turn

1. There are no laying melds on the table during the play, as this only happens when someone goes out. There is no laying off cards onto other melds at any point. The two main elements during a single turn of Rummy are simply drawing a card and discarding a card.
2. Drawing (Compulsory): The first player must take just one card either from the discard pile or the stockpile and add it to the 13 cards in their hand. The discard pile is face up, and only the top card (known as the up-card) is visible. If the player chooses to take from the stock, the opponent will not see the card (since cards on the stockpile are face down).
3. Discarding (Compulsory): After drawing, the player must examine the cards and decide which one is the card that is needed least. It will be a card that is probably not in sequence with the rest or is the only one of its kind, making it impossible to form either a Set or a Run. This card is discarded to the discard pile face up.

## How and when to get out

1. There is no knocking in Rummy. If the player manages to meld all the cards and has a zero deadwood count, and his hand meets the requirement of containing at least TWO sequences as per the object of the game, the play may go out. The player does this by placing the melds on the table and discarding the final card (traditionally face down) to signal victory.
2. The referee will verify the victory and declare the winner of each game.
3. Remaining players will display their melds, and deadwood is counted up and scored accordingly.

## What if the stockpile runs out?

1. If there is just one card left on the stockpile and the player, whose turn it is, does not want the card on the discard pile, the player will notify the referee.
2. The referee will shuffle all the discard piles and melds from the players who quit during the game in order to start a new stockpile.
3. There will be no addition to the stockpile during the game from the melds who quit during the play without the referee's consent.

## Scoring Notes

1. If the player who stays does not have Life 1 and Life 2, all the cards except Joker are counted as per the following chart below and scored.
2. If the player who stays does have Life 1 and Life 2, all the unmatched and invalid melds are counted as per the chart and scored.
  - Face cards (Jack, Queen, King) score 10 points. Aces score 10 points. Jokers are worth 0 points. All the rest of the deck score the rank as the value (ie, the pip value). For example, a 6♦ would be worth six points, a 7♣ is worth 7 points, etc.

| CARDS  | VALUE     | EXAMPLE 1             | EXAMPLE 2             |
|--------|-----------|-----------------------|-----------------------|
| JOKER  | 0 POINTS  | ☹ is worth 0 points   | ☹ is worth 0 points   |
| Aces   | 10 points | A♣ is worth 10 points | A♦ is worth 10 points |
| Faces  | 10 points | Q♣ is worth 10 points | K♣ is worth 10 points |
| Others | Pip Value | 5♣ is worth 5 points  | 7♦ is worth 7 points  |

3. Aces are high, and the cards rank in the order: 2, 3, 4, 5, 6, 7, 8, 9, 10, J, Q, K, A. Note that because the Ace is always high in Rummy, A♠ 2♠ 3♠ is a valid sequence, and also Q♥ K♥ A♥ is valid. However, Aces do not go “round the corner” and therefore K♣ A♣ 2♠ is not a valid meld.
4. After each game, the points are added to the respective player's score sheet. When a player crosses a target score of 250, the player is eliminated from the match.
5. After the referee has confirmed the victory of a game, players must show their melds face up in order to count the points and update the score sheet.
6. Based on the melds, if the player decides to quit the game before the play begins, the player will be awarded 25 points to their score sheet.

7. If the player decides to quit in the middle of the game, the player will be awarded 50 points to their score sheet.
8. The maximum score any player can be awarded during any game is set to 100.
9. Without verification of 13 cards, if the distributor puts out the "open" card and if any player claims short or extra cards, the distributor will be awarded 25 points to his score sheet. The distributor re-deals the cards to all the players.
10. The winner may signal a victory and may change their mind before showing the cards to the referee. However, if more than three cards are shown and become an invalid victory, the winner will be awarded 50 points to their score sheet. This winner will also lose their right to continue playing in this game. Also, from this point, if a real victory takes place without completing one round on his side, the faulty winner will be awarded 100 points to his score sheet.
11. If any player picks wrong melds and views, the player will be awarded 25 points and will also lose the right to play in the game.

### Ground Rules

1. The referee's decision will be final.
2. Making comments/ giving clues, talking, *and making* gestures are not allowed.
3. If the player touches any card from the discard pile or the stockpile, that card must be picked up.
4. If any player quits before or during the play, the melds should be kept face down.
5. Any kind of support from any source is strictly prohibited.
6. Use of any kind of foul language or threat will not be allowed.
7. Eating or drinking during the game is prohibited.
8. Breaking of ground rules might result in the elimination from the match, as decided by the referees.

## Soccer Rules

These regulations define the structure, conduct, and disciplinary standards for the 2026 IPSF Soccer Tournament. The rules are divided into two distinct categories: **Elementary & Mid Girls and Other Categories.**

### 1. Game Structure and Duration

2. The table below outlines the specific format, equipment, and duration parameters for each category:

| Parameter      | Elementary and Mid Girls | Other Categories     |
|----------------|--------------------------|----------------------|
| Ball Size      | Size 4                   | Size 5               |
| Field Size     | 120 ftX90 ft             | 180 ft x 120 ft      |
| Player Format  | 6 versus 6 (6v6)         | 7 versus 7 (7v7)     |
| Roster Limit   | 12 players               | 14 players           |
| Game Length    | 2 x 15-minute halves     | 2 x 20-minute halves |
| Halftime Break | 3 minutes                | 5 minutes            |
| Offside Rule   | NOT Enforced             | NOT Enforced         |
| GOAL SIZE      | 12 ft W x 6 ft H         | 24 ft W x 8ft H      |

### 3. Player and Goalkeeper Equipment

#### A. Mandatory Equipment

All players must be properly equipped for safety and identification:

- **Shin Guards:** Required, fully covered by socks.
- **Socks:** Long socks that fully cover the shin guards.
- **Footwear:** Outdoor soccer shoes with non-metallic studs.
- **Uniform:** Team jersey or uniform, typically with a number on the back.

#### B. Goalkeeper Requirements

- **Gloves:** Goalkeepers are permitted to wear special gloves for grip and protection.
- **Jersey:** Goalkeepers must wear a distinctive jersey color that clearly differentiates them from both their teammates and the opposing team.

#### C. Prohibited Equipment

For the safety of all participants, the following equipment is strictly prohibited:

- Any form of **Jewelry**.
- **Hats or Visors** that may obstruct vision or pose a risk.
- Any type of hard **Cast or Brace** deemed risky by the referee.

## 4. Substitutions

Substitutions are managed as follows:

- **Frequency:** Unlimited substitutions are allowed.
- **Timing:** Substitutions can be made at any stoppage in play, pending referee approval.
- **Procedure:** The player leaving the game must completely exit the field before the substitute enters. All substitutions must occur through the designated substitution area.

## 5. Game Restarts and Scoring

### A. Start and Restart of Play

- **Kickoff:** Used to start the game and restart play after a goal is scored. The ball is placed on the center spot. Opposing players must remain 9.15 meters (10 yards) away from the ball until the kick is taken. The initial kicker cannot touch the ball again until another player has touched it.
- **Kick-in (Sideline):** Awarded when the ball crosses the sideline/touchline. The ball is kicked-in from the point where it crossed the line. A goal **cannot** be scored directly from a kick-in.
- **Corner Kick:** Awarded when the ball crosses the goal line, last touched by a defending player. Taken from the corner spot by the attacking team. A goal **can** be scored directly from a corner kick.
- **Goal Kick:** Awarded when the ball crosses the goal line, last touched by an attacking player. The kick is taken by the defending team from anywhere inside the goal area.
- **Free Kick:** Awarded after a foul is committed (outside the penalty area). The opponent is awarded a free kick from the spot of the foul. A goal can be scored directly from a **Direct Free Kick**.
- **Penalty Kick (PK):** Awarded for a foul committed inside the penalty area. Taken from the penalty spot. A goal can be scored directly from a penalty kick.

### B. Scoring Rules

- **Goal Definition:** A goal is scored when the entire ball passes completely over the goal line, between the goalposts and under the crossbar, provided no infringement has occurred.
- **Own Goals:** Goals scored against a team by one of their own players count for the opposing team.

## 6. Goalkeeper-Specific Violations

Violations committed by the goalkeeper within their own penalty area result in an **Indirect Free Kick** for the opposing team:

- **Handling Restriction (Pass-Back):** The goalkeeper cannot handle the ball with their hands if it has been deliberately kicked to them by a teammate.

- **Handling Restriction (Goal Kick):** The goalkeeper cannot handle the ball with their hands if it has been kicked to them directly from a goal kick by a teammate.
- **Time Limit:** The goalkeeper cannot hold or control the ball with their hands for more than **6 seconds** before releasing it.
- **Double Touch:** The goalkeeper cannot touch the ball again with their hands after releasing it and before it has been touched by another player.

## 7. Discipline, Fouls, and Misconduct

### A. Tackling and Safety

- **Slide Tackling:** Slide tackling is permitted by players and goalkeepers to win the ball, but **only if performed safely and fairly**.
- **Winning the Ball:** The initial contact when tackling must be with the **ball**, not the opponent's foot or leg.
- **Tackling from Behind:** Tackling an opponent from behind is strictly prohibited.
- **Safety Priority:** Player safety is the top priority. Referees have full discretion to penalize careless, reckless, or aggressive tackles.

### B. Misconduct and Consequences

| Card                         | Offense Description                                                                                                                                                           | Consequences                                                                                                                                                             |
|------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Yellow Card (Caution)</b> | Unsportsmanlike behavior, persistent infringement, delaying the game, or failing to respect the required distance during a restart.                                           | Warning given. The player may continue playing. Two Yellow Cards in one match result in a Red Card.                                                                      |
| <b>Red Card (Ejection)</b>   | Serious foul play, violent conduct, spitting, denying a clear goal-scoring opportunity, or receiving a second Yellow Card.                                                    | Player is immediately ejected and must leave the field. Team plays with one fewer player for the remainder of the game. Player is suspended for the next scheduled game. |
| <b>Dissent/Abuse</b>         | Players must respect all referee decisions. Arguing, disputing decisions, or verbally/physically abusing referees is prohibited and subject to immediate disciplinary action. |                                                                                                                                                                          |

## 1. Referee Authority and Tiebreaker Procedures

### A. Referee Authority

The decisions of the Center Referee regarding all matters of play, time, fouls, and misconduct during the match are **Final and Binding**. Assistant Referees assist with offside decisions (where applicable) and signals for restarts (kick-ins and corner kicks).

### B. Tiebreaker Procedures (Elimination Rounds)

If a game is tied at the end of regular time in an elimination round, the following procedure applies:

1. **Extra Time:** The game proceeds to two extra 5-minute periods.
2. **Penalty Shootout:** If the score remains tied after extra time periods, a penalty shootout will commence:
  - Each team selects five players to take alternating penalty kicks.
  - If the score remains tied after five kicks, the shootout continues in a **sudden death format** until a winner is determined.

## THROW BALL RULES

While in volleyball the ball is hit or volleyed throughout play, in the throwball, the ball is thrown over the net, where a member of the other team tries to catch the ball and quickly throw it back across the net.

### General Guidelines

1. Throw Balls will be used.
2. Each team will have a maximum of 6 active players and six substitutes.
3. This game will be played in Volley court with a similar dimension.
4. Height of the net will be the same as the Volleyball Female Net height, which is 2.24 meters ( 7 ft 4 inches )
5. Ball Brand will be COSCO at standard air pressure.
6. There will not be any box zone/box line rules applicable in the ball game.
7. A match shall consist of the best of three sets for 15 points with a rally score. If a team wins the first two sets, then the third set will not be played.
8. A toss will be taken before the beginning of the game and before the 3<sup>rd</sup> set if there is one. The team winning the toss can choose either the initial serving or the court. Teams will change sides after games one and two, and after a team reaches 8 points in the third game.
9. A **point** is scored on every **rally**, regardless of which team serves. In case of 14 all, the play is continued until two points lead gained by a team. After 16, the team scoring the 17th point wins the set with only one point of lead.
10. The team winning the toss can choose either the initial serving or the court.
11. Players are expected to report to the Floor-in-Charge at least 15 minutes prior to the scheduled time of any game.
12. Games will be played in a single elimination format, which means if a team loses one game (best of three), they will be out of the tournament.
13. Both hands can hold the ball; however, double touch (juggling the ball a second time or more) is not allowed. After a player touches the ball, it must be released by the player within 3 seconds to

the opponent team. Passing from one player to another within the same team is not allowed. However, if a player touches and misses the ball, another player from the same team can pick up and return the ball to the opponent's side. Such touch is allowed only once, with a maximum of a single touch by a maximum of two players, when a ball is on their own side.

14. Players cannot catch the ball with the assistance of their bodies or legs.
15. The ball should be served after the whistle and within 5 seconds.
16. The ball should be served without crossing the service line with a single hand. You **can** swing the ball below or above the shoulder to serve and throw. You **cannot** spike the ball.
17. If the ball touches the net while serving and then passes to the opponent's court, the serve is considered "in."
18. Any ball after catching should be released within 3 seconds.
19. A player can jump and throw the ball or jump and catch the ball.
20. A player can take only one step when throwing the ball.
21. Players cannot touch the net during the play, but the ball can touch the net.
22. During catching or releasing, the ball should not touch any part of the body except the palm.
23. Two players cannot catch the ball simultaneously.
24. Any ball falling on the side-line or end-line is a good ball.
25. The service ball or the rally ball should not touch the poles.
26. ROTATION is mandatory. Each player always rotates one position clockwise. Players rotate each time they point and the opponent team loses their service opportunity.
27. During the play or rally, players cannot cross the net or obstruct the opponent team.
28. Two timeouts (30 seconds) are permitted for each set for each team.
29. Teams can substitute only when it is their turn to serve; the only exception is if a player gets injured. Only one person can be substituted at a time, up to a maximum of 3 substitutions per set.
30. Referee's decision is final (no exceptions). Even if it was a wrong call from the Referee, the decision stays.
31. It is permitted to wear a "Finger sleeve" to protect your fingers from injury.

## Appendix L

## TUG OF WAR RULES

1. Tug of war teams consist of an equal number of “pullers”. In IPSF-2026, the teams will be all male for the Male section and all female for the Female Section. The limit of the number of players during the pull is set to 7, with a minimum of 5 players. If any team has fewer than seven members, the opponent has the choice to keep their team up to 7 members.
2. The total weight of a team is limited to 1400 lbs. and 1150 lbs., respectively, for Male and Female Teams.
3. There is no substitution allowed during the pull till the end of the game (best out of three) except due to injury.
4. The pull may be over the shoulder or at chest level
5. The objective of tug of war is to pull the opposing team a distance of four meters from a fixed center point.
6. Rope will be provided by the event organizers. Rope length will be 100' and diameter will be 2". A White band will be tied in the middle of the rope, and a White marking on the ground straight below that band. Blue bands and markings on the floor will be 5 feet from the center.
7. The white band is aligned with the ground marking before the referee's whistle. On the referee's whistle, teams pull the rope towards them from the middle. The team that brings across the other side's blue band to cross the middle point marking on the ground wins.
8. The team name will be called out, and the team should report to the court within the next 60 seconds. The team that is not present to compete within three calls will be disqualified, and the other team will be declared the winner.
9. Maximum three pulls will be allowed per match. The team that first wins two of the total three pulls will be declared the winner. The winning team advances to the next level.
10. Five to ten minutes of warm-up time will be allowed between two matches, as per the referee's decision. A two to three-minute break will be allowed between pulls, per the referee's decision.
11. Dress: All team members should wear shorts and team color jerseys. Appropriate dress can be worn by the female team in addition to their respective T-shirts. Regular sneakers are allowed. No cleats of any kind are allowed. The pull may be **barefoot or with shoes**. Pullers grip the rope with their

bare hands. No knots or loops should be tied in the rope, and the rope should not be wrapped around any limbs. Also, no gloves will be worn.

12. While pulling teams or players are not allowed to sit on the floor. The players will not lie down. At no point, a player's elbow will go below the knee level.
13. Teams are not allowed to suddenly let go of the rope and deliberately cause the opposing team to fall over.
14. Each team is allowed a "coach" at the side of the rope. The job of the coach is to encourage and direct the team and to coach people into position. The coach, however, must not touch the rope.
15. Each pull is officiated by a referee who orders the pull and stops if needed to facilitate a fair start. Referee's decision is final and binding to all.
16. The side will be decided with the "Toss" by the referee.
17. After the team stands near the rope, on the Referee's first whistle, take the rope, get into your position, and tighten the rope. You should **NOT** start the "pulling" now. Referee's second whistle, the Team should start "pulling".
18. The game will be conducted **indoors** (Basket ball court)

# VOLLEYBALL RULES

## GENERAL GUIDELINES

1. All matches will be conducted on a single elimination basis. The competing teams will be selected by draw.
2. A team competes with six players. All players must be signed up before the game begins. Only the players recorded on the score sheet may enter the court and play in the match. Once the team leader and the team captain have signed the score sheet, the recorded players cannot be changed.
3. Each team roster can have up to 12 names listed. There must always be six players per team in play. The team's starting line-up indicates the rotational order of the players on the court. This order must be maintained throughout the set.
4. Matches will be played with rally scoring, with best of 3 sets.
  - Points will be scored on each rally.
  - If the receiving team wins the rally, they score a point and gain the serve.
  - The first two sets will be played and scored as follows.
    - i. Each of the first two sets will be won by the team that first scores 25 points with a minimum two-point advantage.
    - ii. In case of the score being 24 24, the play is continued until a team gains a two-point lead.
    - iii. After 26, the team scoring the 27th point wins the set with only one point of lead.
  - If a 3rd set is needed to decide the match, it will be played and scored as follows.
    - i. The team that first scores 15 points with a minimum two-point advantage will win the set.
    - ii. In case of 14 all, the play is continued until two points lead gained by a team.
    - iii. After 16, the team scoring the 17th point wins the set with only one point of lead.
  - The team that wins the best of three sets will win the match.

5. Teams will change sides after games one and two, and after a team reaches 8 points in the third game.
6. Players on the same team must wear shirts of the same color. No caps or sunglasses are to be worn while playing.
7. A player may play only on 1 team.
8. Each team is allowed two 30-second timeouts per set (timeouts do not carry over to the next set). Time-outs may be requested by an official only when the ball is dead and are not in effect until the official recognizes the time-out with a whistle, hand signal, and vocal command.
9. Rest periods between sets of a match shall be no longer than 2 minutes.
10. Players are asked to wear appropriate footwear for their own protection. We will not permit anyone to play with hard-soled shoes or sandals. Leave all jewelry away from the court while playing.
11. Net height for Middle School (CO-ED) will be the net height.

## STRUCTURE OF PLAY

### THE TOSS

12. A coin toss determines which team receives the choice of either the serve or the court. Before the match, the referee carries out a toss to decide the first service and the sides of the court in the first set. If a deciding set is to be played, a new toss will be carried out.
13. The toss is taken in the presence of the two team captains.
14. The winner of the toss chooses: EITHER the right to serve or to receive the service, OR the side of the court. The loser takes the remaining choice.

### POSITIONS

1. Before the ball is hit by the server, each team must be positioned within its own court in the rotational order (except the server).
2. The positions of the players are numbered as follows:

- The three players along the net are front row players and occupy positions 4 (front left), 3 (front-center), and 2 (front-right).
- The other three are back-row players occupying positions 5 (back-left), 6 (back center), and 1 (back-right).

## ROTATION

- Rotational order is determined by the team's starting line-up and controlled with the service order and players' positions, throughout the set. When the receiving team has gained the right to serve, its players rotate one position clockwise: the player in position 2 rotates to position 1 to serve, the player in position 1 rotates to position 6, etc.

## ROTATIONAL FAULT

- A rotational fault is committed when the SERVICE is not made according to the rotational order. It leads to the following consequences:
  - The team is sanctioned with a point and service to the opponent, the players' rotational order is rectified.
  - Additionally, the scorer should determine the exact moment when the fault was committed, and all points scored subsequently by the team at fault must be canceled. The opponent's points remain valid.
  - If that moment cannot be determined, no point(s).

## THE SERVE

1. The referee authorizes the service after having checked that the two teams are ready to play and that the server is in possession of the ball. The server shall be on the playing surface to receive authorization for service.
2. A service executed before the referee's whistle is canceled and repeated.
3. The players must follow the service order recorded on the line-up sheet.
4. The server has 5 seconds to begin the serve from the time the official signals the serve with a whistle.

5. Service may take place anywhere behind the service line as long as it is within the boundaries of the sideline. The service zone includes the full width of the 9-meter area behind the end lines. The server may move freely within the service zone.
6. During the service hit or takeoff for a jump service, the server must be completely in the service zone and not touching the court (end line included) or the playing service outside the zone.
7. After the service, the player may skip or land outside the zone, including the court.
8. If the server tosses the ball and does not serve it, he does NOT need to let it bounce before he re-tosses it.

## BALL IN PLAY

1. A served ball that hits the net does not result in the serving team losing its serve and is considered in-play, unless
  - The served ball does not continue over the net
  - or
  - The served ball lands outside the opposing team's court-side, untouched by the opposing team.
2. Players must rotate clockwise and be in proper rotation when the ball is served, except for the first serve of the team.
3. After the whistle for the service, no other actions (requests for line-up check, time-out, substitution, etc.) may be considered until after the ball has been served and the rally completed.
4. BALL IN PLAY - The ball is in play from the moment of the hit of the service authorized by the referee.
5. BALL OUT OF PLAY - The ball is out of play at the moment of the fault, which is whistled by one of the referees, in the absence of a fault, at the moment of the whistle.
6. BALL "IN" The ball is "in" when it touches the floor of the playing court, including the boundary lines.
7. BALL "OUT" The ball is "out" when: the part of the ball which contacts the floor is completely outside the boundary lines.

## SPIKING & BLOCKING

1. The receiving team is not allowed to block or spike a service ball.

2. A spiker must contact the ball on his/her own side of the net, but may, in the course of the follow-through, reach over (but not touch) the net.
3. A back row player cannot attack or block the ball unless he/she is behind the 10-foot attack line. Back line players, while inside the attack zone (10 feet from the net), may not play the ball directly into the opposite court if contact is made when any part of the ball is above the top of the net.
4. The team that has affected the block shall have the right to three more contacts, with the blocker having the right to make the first of the three allowable hits.

## NET PLAY

1. A ball hit into the net may still be kept in play (up to 3 hits) provided that a player does not make contact with the net.
2. Players may not touch the net. **If two opposing players touch the net simultaneously, the ball is declared dead and is replayed.**
3. **A ball hitting the ceiling, lights, rafters, etc.,** is playable (up to three hits) when it remains in the court of the team in play of the ball. However, if a ball makes contact with the same objects and it proceeds to the opposing team's side of the court, it is rendered a "side-out".

## LEGAL PLAY

1. The ball must be returned over the net in 3 hits or fewer. It is legal to contact the ball with any part of the body as long as the ball rebounds immediately. It may not "lie" against the body or be forcefully kicked. If a player touches the ball or the ball touches a player, it is considered a play on the ball.
2. If two players on the same team contact the ball simultaneously, it counts as **one** contact, and any player may play the ball.
3. When a ball touches a boundary line, it is considered in play.

## ILLEGAL PLAY

1. Players are not permitted to scoop, hold, lift, or push the ball.

2. In addition, during the first hit of the team, except when serving, the ball may contact various parts of the body consecutively, provided the contacts occur during one action.
3. An official may (at their own discretion) penalize the team one point or loss of serve for intentionally delaying the game.

## SUBSTITUTIONS

1. A substitution is the act by which a player, after being recorded by the scorer, enters the set to occupy the position of another player who must leave the court (except for the Libero). Substitution requires the referee's authorization.
2. THREE substitutions are the maximum permitted per team per set. One or more players may be substituted at the same time. A player of the starting line-up may leave the set and re-enter, but only once in a set, and only to his/her previous position in the line-up.
3. All substitutions must be made within a 15-second time limit. If changing time exceeds 15 seconds, a team time-out will be charged. If a team has none of its two allotted team time-outs remaining, a point or side-out will be awarded to the other team. An injury substitution is not considered one of the two allowable time-outs.
4. If a player arrives after the first game of the match has started, **and her/his name is on the roster**, that player will be allowed to play in the game as a substitute if the team uses regular substitutions.

## THE LIBERO PLAYER

1. Each team has the right to designate from the list of players a specialized defensive player: Libero.
2. Each team may designate one specialized defensive player (Libero) per set.
3. All Liberos must be recorded on the score sheet before the match in the special line reserved for this. The Libero may be designated for the set and must be recorded on the line-up sheet for each set.
4. One Libero designated by the coach before the start of the match will be the acting Libero. The Libero cannot be either team captain or game captain at the same time as performing the Libero function.
5. The Libero players must wear a uniform (or jacket for the re-designated Libero) whose jerseys must at least contrast in color with those of the other members of the team.

## TEAM LEADERS

1. Both the team captain and the leaders are responsible for the conduct and discipline of their team members. The Libero cannot be the team captain.

## CAPTAIN

1. One of the players, other than the Libero, is the team captain, who shall be indicated on the score sheet.
2. PRIOR TO THE MATCH, the team captain signs the score sheet and represents his/her team in the toss.
3. DURING THE MATCH and while on the court, the team captain is the game captain. When the team captain is not on the court, the team leader or the team captain must assign another player on the court, but not the Libero, to assume the role of game captain. This game captain maintains his/her responsibilities until he/she is substituted, or the team captain returns to play, or the set ends.
4. When the ball is out of play, only the game captain is authorized to speak to the referees to ask for an explanation on the application or interpretation of the Rules, and also to submit the requests or questions of his/her teammates.

## IMPROPER REQUESTS

1. It is improper to request any game interruption:
  - a. during a rally
  - b. at the moment of, or after the whistle to serve
  - c. by a non-authorized team member
  - d. for player substitution before the set has been resumed from a previous substitution by the same team
  - e. after having exhausted the authorized number of time-outs and player substitutions.

## INTERVALS AND CHANGE OF COURTS

1. An interval is the time between sets.
2. All intervals last 3 minutes.
3. During this period, the change of courts and line-up registrations of the teams on the score sheet are made.
4. The interval between the second and the third sets can be extended up to 5 minutes by the competent body at the request of the organizer.
5. After each set, the teams change courts, with the exception of the deciding set. In the deciding set, once a team reaches 8 points, the teams change courts without delay, and the player positions remain the same. If the change is not made once the leading team reaches 8 points, it will take place as soon as the error is noticed. The score at the time that the change is made remains the same.

## MATCH REFEREE

1. Referee's decision will be final and not challengeable.

## SPORTSMANLIKE CONDUCT

1. Participants must know the “Official Volleyball Rules in conjunction with IPSF committee rules” and abide by them.
2. Participants must accept referees’ decisions with sportsmanlike conduct, without disputing them. In case of doubt, clarification may be requested only through the game captain.
3. Participants must refrain from actions or attitudes aimed at influencing the decisions of the referees or covering up faults committed by their team.

## CO-ED Category (MID-M & MID-F) specific guidelines

1. There is a maximum of six (6) players per team on the court during a game. At no time can male players outnumber female players in the game.
2. If a team plays with five players, then 3 of those players must be female.
3. A team may play with no fewer than four (4) players.
4. Net Height-Eight (7 ft 4 inches) feet

5. If a team (at least two females and two either gender) is not there at game time, the first game of the set will be forfeited. After ten (10) minutes, the entire match will be forfeited.
6. Players arriving after the game has started can enter the game at the next dead ball.
7. Unlimited player substitutions will be allowed.

## FAIR PLAY

1. Participants must behave respectfully and courteously in the spirit of FAIR PLAY, not only toward the referees, but also toward other officials, the opponents, teammates, and spectators.

## **WALKING RULES**

1. The walking race is limited to 15 minutes.
2. During the specified time, the walker who completes the maximum laps/yards is declared the winner.
3. There are two rules that govern race walking.
  - The first dictates that the athlete's back toe cannot leave the ground until the heel of the front foot has touched. Violation of this rule is known as *loss of contact*.
  - The second rule requires that the supporting leg must straighten from the point of contact with the ground and remain straightened until the body passes directly over it.
4. Race walking differs from running in that it requires the competitor to maintain contact with the ground at all times and requires the leading leg to be straightened as the foot makes contact with the ground. It must remain straightened until the leg passes under the body.
5. Running or attempting to run during a walking race will be grounds for disqualification. If any foul is committed during the game, two rounds of yellow cards will be shown, followed by the red card. The player who gained a red card may continue to walk till the end of the game. If the situation arises that all the players gain red cards, the leading player will be the winner.
6. All the qualified / selected participants will take part in the race at the same time. There will be no heats, only the final.

**Referee's decision is final (no exceptions). Even if it was a wrong call from Referee, the decision stays .**

## ARMWRESTLING RULES

### General Guidelines

1. There will be 2 weight class categories (Under 175lbs and 175lbs and over) for this event in the Male Section.
2. There will be 1 category for this event in the Female Section
3. The game will be played best out of 3 rounds.
4. This event will be stand up competitions only.
5. Luck of the draw system will be used, absolutely no seeding.
6. Events will be right-handed only.
7. Competitors must be ready to grip at the table within 60 seconds after the announcement. The first call will be made at the start of the countdown, and the second call will follow 15 seconds later. If a competitor is not at the table and gripping up by the end of the countdown, they will lose the match.
8. Competitors may not wear anything on their competing arm or hand. However, in the event of a bleeding injury, a competitor MUST stop the bleeding to the referee's satisfaction. No more than 3 minutes will be allowed for this purpose. Use of a Band- Aid or a piece of tape the size of a Band- Aid on the wound is allowed.
9. Competitors may wear wedding rings on their competing hand, at the referee's discretion.
10. The Referee's decision will always be final.
11. Once the match starts, Referees will only touch competitors in case of foul or win.
12. Stickum, rosin, or chalk is permitted. No ammonia/smelling salts or any other substance will be allowed in the competition area or at the table.
13. If any competitor behaves in an unsportsmanlike manner or violates the rules, he/she may face a penalty and the potential to be disqualified from the competition.

### Rules for Competition

All the participants must abide by and always adhere to the following listed competition rules.

1. Free hand must always be in contact with the peg.

2. Shoulders must be square to the table before the start of the match.
3. Competing elbows must be placed on the elbow pad at all times.
4. Thumb knuckles must be showing on competing hands before the start of the match.
5. The Referee must be able to pass a closed fist between the biceps and forearm of the competitor before the start of the match.
6. Competing wrists must be straight before the start of the match.
7. Gripped hands must be in the center of the table, in line with pegs.
8. Competitors must attempt to equal their opponent's side and/or back pressure before the start of the match, if possible.
9. A period of thirty seconds will be allowed to grip properly. Competitors' hands must be palm-to-palm, flat together and with no separation, to the satisfaction of the referee. Referees must be able to see competitors' thumb knuckles.
10. Referee's grip must be administered after the thirty second time has lapsed.

### Rules for Referee's Grip

- The referee will hold the competitor's fingers while he gives the command "Close your thumbs."
  - The referee will command the competitors to "Close your hands."
  - Competitor's must keep their wrist straight when closing their thumbs and hands.
  - The referee will give the command "READY GO" to start the match.
  - If the Referee grip slip occurred again without intentional, the Referee may use a strap.
11. No movement will be allowed during or immediately following administration of the referee's grip.
  12. Competitors may waive the thirty second time period if both agree, thereby starting the match in a referee's grip before thirty seconds has lapsed.
  13. Audible signals given by referees must be "ready, go".
  14. Competitors may not intentionally delay the competition, i.e. not staying at the table, not attempting to grip up, etc.

15. A thirty second rest period may be permitted after a slip grip or foul upon referee's discretion.
16. Competitors must be stopped if believed to be in a dangerous position at any time during a fight match.
17. Competitors may not use any part of the body to pin their opponent.
18. Competitors may not intentionally slip their grips.
19. Competitors may not intentionally attempt to cause a foul for themselves after the "go", i.e. picking up the elbow.
20. Competitors may not intentionally attempt to cause a foul for their opponent, i.e. shoving of the elbow.
21. Competitors cannot drop the competing shoulder below the level of the elbow pad when in a neutral or losing position.

## Infraction for Competition

ALL COMPETITORS MUST RECEIVE ANY COMBINATION OF TWO FOULS IN ORDER TO LOSE A MATCH UNLESS THE COMPETITOR IS IN THE LOSING POSITION. ONLY ONE FOUL WILL CONSTITUTE A LOSS IF COMPETITOR IS IN THE LOSING POSITION.

Any of the infractions listed below will result in a foul being called during the competition.

1. Covering Opponent's thumb knuckle while closing hand.
2. Failure to always maintain contact of the peg.
3. Failure to keep competing elbow on the elbow pad during the match.
4. Failure to square shoulders after thirty second time lapse.
5. Failure to straighten wrists after thirty second time lapse.
6. Failure to line up in the center of table after thirty second time lapse.
7. Failure to keep both feet on the floor and under the table during the competition.
8. Failure to keep one buttock on the seat during sit down competition.
9. Movement of any kind during or immediately following administration of "referee grip".
10. Intentionally causing a delay in competition.
11. Competing in a dangerous position.

12. Use of any part of the body to pin an opponent.
13. Intentionally slipping grips.
14. Slipping grip when their arm and hand are in the losing position. Losing position is determined when the arm is below two-thirds of the way to the pin pad and the hand is not in an offensive grip.
15. Intentionally attempting and/or creating or causing any foul after the "go".
16. False starts will result in a foul on the second and/or third offense. The first offense is a warning.
17. Failure to use only Stickum, rosin, or chalk while in the competition area or at the table.

## Manners of Winning for Competition

All participants must abide by and adhere to the following listed manners of winning a match:

### 1. PIN PAD TOUCH

Competitors must touch any portion of their opponent's shoulder to fingertips on the pin pad. If competing right-handed, the winning competitor must touch the opponent to the winner's left hand side pin pad. The opposite will be for left-handed competition.

### 2. LOSS OF GRIP

Loss of grip when a competitor is in a losing position will result in a foul, which will constitute a loss. Losing position will be determined by referee discretion as to arm and hand position on the table at the time of the slip.

### 3. PARALLEL PIN

A parallel pin will occur when any portion of their opponent's wrist to fingertips break the pin line. The exception will only be if the competitors are in the center of the table.

### 4. FOUL OUT

Competitors must receive any combination of two fouls, one foul while in the losing position, or one intentional foul.

## Running Foul System

### **IMPORTANT: NEVER STOP ARM WRESTLING UNTIL A REFEREE STOPS THE MATCH**

1. Fouls will be announced during the match, but DO NOT STOP ARM WRESTLING.
2. If competitor "A" commits a foul, then competitor "A" pins their opponent; it will result in a stop/restart with the foul rolling over to the next pull.
3. If competitor "A" commits a foul then competitor "A" commits another foul, it leads to loss.
4. If competitor "A" commits a foul, then competitor "B" commits a foul the match stops/restarts and only competitor "A's" foul rolls to the next pull.
5. If competitor "A" commits a foul, then competitor "B" pins their opponent; it will result in a Win for "B."
6. Once any foul is called, that competitor must correct the foul immediately or they will continue to accrue fouls.

### 5. POOR SPORTSMANSHIP

Failure to demonstrate good sportsmanship at all times will result in an immediate foul. Competitors may be removed from the contest, resulting in loss of any and all matches remaining and forfeiture of any and all placement and awards.

### 6. INTENTIONAL FOUL

Intentionally creating or causing any foul after the "go" will result in a loss of match.

### **March Past Guidelines**

1. March Past will start [REDACTED] evening.
2. All churches are requested to report and line up tentatively by [REDACTED]. Exact time and location to be communicated later.
3. March past route will be shared to the coordinators of each church by [REDACTED].
4. The order of churches for lining up will be determined by drawing lots. The host church (IPSF 2026) will be last in the lineup.
5. Each church should have a minimum of 40 people lined up in 4 lines of 10 people each when they enter the arena.
6. In the arena, seats for each church will be assigned. Please follow the instructions from the volunteers.
7. The Competition March Past will be a competition, and the winning church will be awarded a trophy during the opening ceremony.
8. The host church will NOT be considered for the competition.
9. March past points will NOT be included in the team points while determining the Overall Champions.
10. Banner (sample is included). Each church should have a banner in front of its team.
11. Banner dimensions are 8 feet by 3 feet.
12. Banner design should include the IPSF 2026 Logo, Church logo or saint, and Church name.
13. After the march past is over, the banner is placed in front of the assigned seats in the arena.

### Judging Criteria and Points

| SN | Judging Criteria     | Description                                                                                                                                                                                                                                                                                          | Points |
|----|----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| 1  | Discipline           | <u>Dress</u> – alignment with person to the side.<br><u>Interval</u> – space between person(s) to the side.<br><u>Cover</u> – alignment with person in front.<br><u>Distance</u> – space between person in front.<br><u>Marching</u> – walk steadily with a rhythmic stride and in step with others. | 30     |
| 2  | Dress Code           | IPSF Jersey is mandatory, evaluation based on overall dress coordination and uniformity.                                                                                                                                                                                                             | 20     |
| 3  | Activities and Props | Creativity, use of compact props and materials, ability to convey a clear theme of your choice.                                                                                                                                                                                                      | 30     |
| 4  | Banner Design        | 8 feet X 3 feet, creative design should include IPSF logo, Church name, Church logo or Saint                                                                                                                                                                                                         | 20     |

### Sample Banner

