

GYM RACKET RULES



INTERNATIONAL FEDERATION
OF GYM RACKET

EN-RU001V1-19
ENGLISH



INTERNATIONAL FEDERATION OF GYM RACKET

The Competition Committee will continually monitor the game and when it considers necessary will propose changes at the General Assembly, which has the ultimate authority to make changes to the Rules.

PREAMBLE

The International Federation of Gym Racket (I.F.G.R.) is the world governing body for the sport of Gym Racket. It is a non-profit organisation whose goal is to promote all forms of Gym Racket around the world.

I.F.G.R. establishes the official rules for the competitions.

THE PLAYING AREA

The playing area includes the court and the free zone around it. It shall be rectangular and symmetrical.

THE COURT

The playing area is a rectangle 18 m long by 9 m wide surrounded by a free zone with a minimum of 2 m around. It must be divided into two equal parts by a net.

The free playing space shall measure a minimum of 7 m in height from the playing surface.

THE NET

The net is 9.5 m long and 1 m high with square mesh minimum of 4.5 cm.

The net is suspended by a rope or metal cable and the ends are attached to two lateral posts. The height in the middle of the net is 1.85 m.

THE LINES

The lines must be painted on the floor with a color which contrasts with the color of the floor with a minimum of 5 cm width.

THE BALL

The I.F.G.R. has approved the ball for the game of Gym Racket:

The ball must be a rubber sphere with a uniform exterior surface in yellow and red color. Its diameter should measure between 6.35 and 6.50 cm and its weight between 38 and 40 g (ex. Artengo 710).

THE RACKETS

The racket used for Gym Racket sport:

- The maximum length of the racket, head plus handle may not exceed 50 cm
- Maximum width: 30 cm
- No string
- Flat surface, with an unlimited number of holes

RULE N. 1 – SCORE

A standard game is scored as follows, 0 (love), 15, 30, 40 and “game”

Except, that if each team has won three points, the score is called “Deuce”

After “Deuce”, the score is “Advantage” for the team who wins the next point. If that same team also wins the next point, that team wins the “Game”.

If the opposing team wins the following point, the score is again “Deuce”. A team needs to win two consecutive points after “Deuce” to win the “Game”.

Organization can choose between sets of first to 7 or first to 9.

The team winner is determined by the team who scores 7 (or 9) * games with a margin of at least 2 games. A tie-break is played at 6 (or 8) * games all.

*Depending on if the set is at 7 or 9 games

RULE N. 2 - TIE BREAK

During tie-break points are counted consecutively using ordinary numbering “zero”, “1”, “2”, “3”, etc.

The “tie-break” will be won by the first players to win seven points, as long as it is with a 2 points advantage and therefore wins the “game” and the “set”. If necessary the tie-break continues until this margin is obtained.

The player of the team who would normally be serving after 6-6 or 8-8 * is the one to serve first in the tiebreak, and the tiebreak is considered a service game for this player. The server begins his service and after the first point, the serve changes to the first server's opponent. Each player then serves two consecutive points for the remainder of the tiebreak. After every four points, the players switch sides of the court.

*Depending on if the set is at 7 or 9 games

RULE N. 3 - SERVER AND RETURNEE

The teams shall stand on opposite sides of the net. The server is the player who puts the ball into play for the first point. The receiver is the player who receives the serve.

RULE N. 4 - SIDE AND SERVICE DRAW

The right to serve first or be the receiver, at the start of a match is decided by a draw.

The player who wins the draw may choose one of the following options:

1. Service Option: Serve first or receive first
2. Side of the Court Option: which side the players will start play

The loser of the draw may select their preference in the remaining option, such as which side they want to start to play if the opponent elects the Service Option.

RULE N. 5 - CHANGE OF SIDE

Players must change sides after the 1st, 3rd and every subsequent odd game in the set.

In the "tie break" the players will change sides after every 4 points.

If case of error and the players do not change sides in correct order, the correction should be made as soon as the mistake is discovered. All points won before the mistake was discovered are valid.

RULE N. 6 - THE SERVICE

The service can be executed by the server at any position on his side, behind the baseline, which will direct the ball to the opposite side.

The service will be performed by throwing a ball in the air below or above the head, except in mixed doubles the male player will always serve by throwing the ball below his waist. Female players don't have this obligation.

The server who violates this rule loses the point.

If the ball touches the net and passes to the opposite side it does not constitute a fault, and therefore the game continues.

The receiving players can be placed in any position on their side. They will be in waiting position and they will be able to make smooth movements, but they will not be able to move to the net or try to block the service until the serving team hits the ball with the racket.

RULE N. 7 - SERVICE FAULT

Service fault occurs when:

- The player misses the ball while trying to hit
- The serviced ball hits a permanent furnishing, the area bounding net, hits the walls or the ceiling of a possible gym before touching the ground
- The server invades his side before hitting the ball.
- Service fault occurs when the server treads on the line. (Foot fault)

RULE N. 8 - SERVICE ORDER

Under penalty of losing the point, each player must alternate at the service, following a pre-established order previously reported to the judges.

RULE N. 9 - WHEN PLAYERS CHANGE THE COURT SIDE

During matches, players must change sides at the end of each odd game.

RULE N. 10 - HOW TO DETERMINE POINTS

- Each time the ball touches the floor on the own side of the court, the point is given to the opposite team.
- If a player sends the ball out of the boundaries playing field he loses the point.
- A ball that touches the boundary lines is considered "in".
- If a player intentionally disturbs the opponent while hitting the ball, he loses the point; if not intentional then the point is replayed.
- The receiver's return of serve is considered "good" and is effective should the ball hit the net, as long as it passes over it and touches ground within court.
- It is not legal to cross the opponent side of the court while returning.

RULE N. 11 - OFFICIALS DECISIONS

In a match where a referee is named, his decisions are final.

RULE N. 12 - COMPETITION MANAGER OFFICIALS & REFEREE

All the official competitions must be controlled by an I.F.G.R. Manager; all participating Officials and Referees must have the specific license and will be organized in an official Registration. The Federation will organize stages and courses.

Competition Committee, January 30th, 2019

Gym Racket Court



