

ISDO'26

ESSENTIAL RULES



Match Format

- Matches are played in 2 × 15 minutes running time.
- Sets restart immediately after they end.
- 1-minute time-out per team per match.
- In knockout stages, matches cannot end in a draw.
- If tied: 3-minute tie-break set, then Sudden Death (first elimination wins).
- A dangerous headshot at close range (less than 2 meters) will result in a yellow card.

Honour System

Players must leave the court immediately if they are:

- Hit by a live ball
- Caught out
- Committing a line infraction

Do not wait for the referee to call you out.

Remaining on court after clearly being out is considered unsporting conduct:

- First offence: verbal warning
- Repeated offence: yellow card

Honest mistakes will not be penalized.

Refereeing (Arbitrage)

- Each team must provide 5 referees when scheduled:
 - 1 central referee
 - 4 line referees
- Teams may provide a second central referee to assist, if they wish.
- Always respect referee decisions during matches.

Conduct

- Respect referees, opponents, and the honour system.
- Unsporting behaviour may result in disciplinary action.
- Teams must be ready at the scheduled start time. (ref & games)
- Late arrival results in one penalty set per minute of delay.