

ADIDAS UPRISING 7s

Rules & Regulations

1. The size of the playing field will be smaller than normal
2. A team will consist of 7 players only who will be nominated before the toss. All the teams will have to strictly adhere to the following rules.
 - a. The players should all be permanent employees of the invited organization and the players should not be sponsored players (i.e. players recruited specially for the tournament)
 - b. No player can play for more than one team.
3. Once a team starts playing its match, the players of that team cannot be replaced. Substitution will be permitted up to a maximum of two players, only in case of injury. However, the substituted players cannot bowl or bat.
4. All players have to wear white jerseys and sports shoes only – colored jerseys, slippers, sandals, bare feet will not be permitted.
5. Each innings will be limited to six (6) overs only during which there will be no break. However in the interests of time the organizing committee might choose to reduce the number of overs in a game if they find that the matches may not be completed in stipulated time.
6. The matches would be played in a reverse inning format – i.e. the 1st innings of 2 matches would be played back to back followed by the reverse innings of the same 2 matches.
7. Each team will be allowed a maximum of 25 minutes to complete their quota of 6 overs. In case a team is unable to complete their quota of overs in the stipulated time period, the umpires would award a penalty of 10 runs extra per over bowled short.
8. Not less than two (2) fielders shall field on either side of the wicket.
9. A bowler will can bow a maximum of 2 overs' only.
10. The balls to be used will be old (semi-new) Red SG Club Balls.
11. For the batting innings, last man standing will be followed – that is the innings will only close if all 7 wickets fall. After the fall of the 7th wicket the last batsman may continue batting from either end with a “runner” at the other end. In such a situation a run out may be affected at either end by the bowling side to close the innings

12. A batsman who reaches 30 will be retired out and have to return to the pavilion – he cannot bat again. A batsman may however score up to 35 runs by virtue of hitting a six when he is on 29 runs.
13. There will be a restriction on the bowlers' run-up as also on the distance between the wicket-keeper and the wickets.
14. No under-arm bowling will be allowed.
15. Wide Balls - a wide ball call will result in a penalty of 3 extra runs being awarded to the batting side – however the ball will not have to be re-bowled. The only exception to this rule will be for the last ball of the innings (6th ball of the 6th over) which if declared a wide will invite a penalty of 3 + will have to be re-bowled.
16. No-Balls – a no ball call will result in
 - A penalty of 3 extra runs being awarded to the batting side
 - Any dismissal of the no-ball will not be counted except for a run-out.
 - The ball will however not have to be re-bowled. The only exception to this rule will be the last ball of the innings (6th ball of the 6th over) which if declared a no-ball will invite a penalty of 3 runs + will have to be re-bowled.
17. In case of a batsman getting injured and not being able to continue the batting, he will be deemed to have lost his wicket.
18. The tournament will be played as per the schedule given – in case any team is not in a position to take to the ground at the allotted time, the opponent will be awarded a walkover. No match may be rescheduled or postponed. A team has to field a minimum of 5 players on the ground in order to be allowed to play the match
19. The teams must report to the registration desk at least 30 minutes before the start of the match.
20. Although adequate safety precautions have been taken we will not be held responsible and liable for the same and the players will be playing at their own risk. We advise all teams to carry and wear proper protective gear while playing so as to maximize safety.
21. On ground the decision of the umpires will be final and binding on all players – a decision cannot be altered or over-ruled by anyone except by the umpires themselves.
22. In case a match is tied then the result of the game will be decided on the following basis,
 - Team which has lost fewer number of wickets
 - Team which has hit more boundaries
 - Team which has hit more 6's
 - Toss of a coin.