

OUTING SOP

Fostering team spirit through well-organised and purposeful gatherings.



I N D E S  R E

Document Control

Name of the Process	Outing SOP
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Prepared for:	Indesore Trading Limited Employees
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Amendment History	Version	Updates	Effective Dates
Sneha Lulu (Marjan)	1.0	---	23 rd April, 2024
Sneha Lulu (Marjan)	1.1	1.12, 1.13, 1.14, 1.15, 1.16, 3.03 (3.03.06), 5.11, 6.07	15 th August, 2024
Sneha Lulu (Marjan)	1.2	A.4, A.5, A.7, A.13, B.1, B.2, B.8, B.12, B.14, B.15, Section C: Cricket Guidelines, E.1	10 th August, 2025

Introduction

Welcome to the Corporate Sports Outing SOP. This guide helps ensure that every event—whether it's cricket, volleyball, football, or relay races—is fun, fair, and safe. We're here to create good vibes, build stronger teams, and keep everything running smoothly.

Who This Applies To

This SOP is meant for all employees who are taking part in the outing. It also applies to managers supporting their teams and organizers responsible for planning the events. Everyone has a role in making the outing successful.

Why These SOPs Matter

These SOPs are important because they help everyone feel included and safe. They reduce the chances of injuries and keep the games fair. They also make sure everything is well-organized and enjoyable for all participants.

SOP Structure

This SOP is divided by sport. Each section focuses on one game: cricket, volleyball, football, and relay races. It explains the basic rules, how teams should be set up, safety steps, match duration, scoring methods, and how to handle disagreements. Everything is laid out to keep things clear and fair.

Why Corporate Sports Events Are Important

Corporate sports outings are more than just a fun day out. They help teams bond outside of work. They improve how we communicate and solve problems together. These events boost energy, lower stress, and bring positive vibes back into the workplace.

Final Notes

Sports help us grow stronger as a team and as individuals. Following these SOPs ensures that everyone has a good time, stays safe, and respects the spirit of the game. When we play with heart and play by the rules, we build memories—and connections—that last.



Purpose

These SOPs exist to set clear and consistent rules for organizing and participating in corporate sports. They help keep things fair, safe, and fun. They also encourage stronger team connections, better employee engagement, and a healthy work-life balance through active and enjoyable events.

Fairness

The rules make sure everyone gets a fair chance to play. No one feels left out or treated differently. Everyone competes on equal ground.



Safety

The guidelines are designed to keep things safe. They outline boundaries, require proper gear, and help us spot risks before they become problems.

Clarity

Clear rules reduce confusion. When everyone knows what's expected, games run more smoothly and feel more relaxed.

Efficiency

Having the rules set beforehand saves time. It keeps the event organized and ensures everything stays on schedule.



Consistency

Following the same rules for everyone keeps things fair and transparent. It helps protect the spirit of friendly competition.

Reflecting Company Values

These rules represent what we stand for—teamwork, respect, and good sportsmanship. They help build a positive workplace culture, even outside the office.



Wrapping Up

In the end, game rules aren't just about the sport. They keep things safe, fair, and fun. They also reflect our professionalism and values, while making sure everyone has a great time together.

Section A: Basic Guidelines

A.1 – Punctuality

All team members must arrive on time. The day runs on a fixed schedule, and delays affect the entire event flow.

A.2 – Etiquette

Everyone is expected to maintain basic workplace etiquette. Respect your teammates, opponents, referees, and organizers throughout the outing.

A.3 – Cleanliness

Keep the venue clean at all times. Dispose of waste properly and leave shared spaces as you found them.



A.4 – Participation

Full participation is mandatory for all team members. There are no restrictions on how many games a player can join. Each female participant must take part in at least one main game for a minimum duration of 5 minutes.



A.5 – Warm-Up

Before the games begin, every team must complete a **10-minute warm-up** session. This session will follow the routine demonstrated by the organizing outing's referee team.

A.6 – Participation Penalty

If a team member is present but doesn't participate **without a valid reason**, the team will **lose 2 points**. Members with valid reasons must inform both their team owner and the team referee to avoid penalties.



A.7 – Attendance Protocol

Since this is a working day, team managers and owners must ensure their members attend. Absences must be communicated in advance through **official email to the team manager, team owner, and HR.**

A.8 – Meals and Cook Access

Teams may use in-house cooks for meals with a standard service fee. If one team wants to use another team's cook, they must first get approval from that team's manager and owner.

A.9 – Presentation Submission

Each team must present their outing presentation to MD Sir at least 7 to 10 days before the event. Feedback and approval must be obtained in advance.

A.10 – Final Submission to HR

The final approved presentation, including vehicle allocation details, must be submitted to HR by the Tuesday before the outing if the event is scheduled for the following Sunday.

A.11 – Team Jerseys

Team members must bring their own team jerseys. Anyone without a jersey will not be allowed to participate.

A.12 – Injury Replacements

Injured players can be replaced by a team member.

A.13 – Score Access

Only the designated scorekeeper can access official game scores. Others can view live cricket scores on the website but cannot request scores until MD Sir announces the results. From August 2025, if there's a tie in ranking, the next position will be skipped and moved to the position after that (as per standard rules), and points will be given based on final positions.

A.14 – Judging Criteria

This year's outing will be judged across four main areas: Sports, Organization and Time Management, Creativity and Innovation, and Food. Each area counts for 25% of the total score. A team can win in one or more categories, and the final results will reflect performance across all four.



Section B: Referee Guidelines

B.1 – Role Assignment

This year, referees are selected from within each team. They can both play for their team and serve as referees during games.

B.2 – Game Rotation

For each game, referees from all teams will conduct a lottery to decide who will officiate that specific match.

B.3 – Game Knowledge

Referees must fully understand the rules of each game. Knowing the rules is essential for fair decisions.



B.4 – Fairness and Neutrality

Referees must treat all players equally, regardless of personal connections or preferences.

B.5 – Decision-Making

Calls must be made based only on what happens during the game. Referees must always follow the official rules when making decisions.



B.6 – Professional Conduct

Referees should act with integrity, even when no one is watching. They must treat players respectfully and maintain a professional attitude.

B.7 – Avoiding Bias

Referees must avoid any situation where they might be tempted to favor one team over another.



B.8 – Warm-Up Leadership

Referees from the organizing team must take turns leading a 10-minute warm-up session before the games begin.

B.9 – No Outside Influence

Referees must not let anyone pressure them into making unfair calls or biased decisions.

B.10 – Handling Cheating

If cheating occurs, referees must stop the game and take action immediately, based on the rules.



B.11 – Role Rotation

Referees must rotate roles and take turns leading different games throughout the outing.

B.12 – Conflict Management

If any altercation happens—like abusive language, violence, or fights—the team involved will lose 5 points. This decision will be made after all referees and the score tracker discuss the situation. Their final decision must be approved by MD Sir.



B.13 – Pre-Outing Briefing

Each referee must understand the full outing rules and explain them clearly to their team before the event.

B.14 – Scoring Support

Referees will assist the official scorekeeper, but they will not keep or share scores independently.



B.15 – Final Decisions

For any major decision, referees from all teams and the scorekeeper must discuss together and agree on a solution. That decision must then be approved by MD Sir.

Section C: Cricket Guidelines

C.1 – Team

C.1.a

Standard cricket teams have **11 players**, including **batters, bowlers**, and **all-rounders** who can perform both roles.

C.1.b

In our **corporate game format**, each team will have **9 active players** on the field and **2 substitutes** for rotation or replacement when needed.



C.2 – No Ball

C.2.a

A ball is called a **no ball** if the **bowler's front foot** lands with any part **over the popping crease**. The front foot must have some part—either touching the ground or lifted—**behind the crease** when it lands.

C.2.b

The front foot must also **not cross the imaginary line** connecting the **two middle stumps**.

C.2.c

The **back foot must land inside the return crease** and must not **touch or cross it**.



C.2.d

The umpire will also call a **no ball** if any of these things happen:

- A **no ball** is called if the **bowler throws** the ball instead of bowling it with a proper arm action. **Up to 15 degrees of arm bend** is allowed; anything more is illegal and considered as no ball.
- The bowler must **inform the umpire** before switching the delivery side (e.g., **from over the wicket to round the wicket**).
- **Underarm bowling** is not permitted and will be called a **no ball**.
- The ball must not **bounce more than once** before reaching the popping crease near the batter.
- If the ball **stops moving and comes to rest** before reaching the batter's stumps, it is a **no ball**.



- If the **bowler hits the stumps** at their own end while delivering the ball, it is a **no ball**.
- During a stumping attempt, if the **wicketkeeper collects the ball before it crosses the stumps**, the delivery is a **no ball**.

C.3 – Wide Ball

C.3.a

A ball is called a **wide** if it is **not close enough to the batsman** to play a normal cricket shot.



C.3.b

The **umpire decides** if a delivery is wide by checking **where the ball passes** in relation to the **batsman's position** and the **stumps**.

C.3.c

If the **batsman steps toward the ball** and brings it within reach, it is **not considered a wide**.

C.3.d

If the **batsman moves away** from the ball, it does **not automatically** make the delivery a wide.



C.3.e

A ball is only called wide if it is **unfairly far from the batsman's normal hitting area**, not because the batsman moved away from it.

C.4 - Dead Ball

C.4.a

A **dead ball** means the ball is **no longer in play**, and nothing can affect the **score or the match** until it becomes live again.



C.4.b

If the ball **hits any part of the middle tree**, including the **cement circle holding it**, and gets **deflected**, it is a **dead ball**; but if it **crosses the boundary** after hitting any part of the tree, it will count as **four or six runs**.

C.4.b

The ball is **automatically dead** in these situations:

- The ball is dead when it is **settled in the hands of the wicketkeeper or the bowler**, and no further play is expected.
- A **boundary** being scored automatically makes the ball dead.
- When a **batsman is out**, the ball becomes dead immediately.
- If the ball gets **trapped between the bat and the batsman's body**, or is **caught in their clothing or equipment**, it is a dead ball.
- A ball that gets **caught in the umpire's clothing** is considered dead.



C.4.c

Dead Ball by Umpire's Decision:

Sometimes, it is the umpire's judgment to call a dead ball. This can happen, for example:

- The **umpire can call a dead ball** in case of a **serious injury** to any player.
- If the **batsman is distracted** (e.g., by a bird or unexpected noise), the umpire may also signal a **dead ball**.



C.5 - Bye and Leg Bye

C.5.a

A **bye** is given when the ball **passes the batsman without touching the bat or body**, and any **runs completed** in this situation are counted as **byes**.

C.5.b

A **leg bye** is given when the ball **hits any part of the batsman's body**, except the **bat or the hand holding the bat**, and the **umpire is satisfied** that the batsman was **trying to hit the ball or avoid being hit**.

C.5.c

If the umpire **believes the batsman did not try to play or avoid the ball**, the batsmen may attempt only one run to allow a run-out chance, after which **the umpire will call a dead ball** and **no runs will be recorded**.



C.5.d

Byes and leg byes are added to the **team's total score** but **do not count as runs** for the individual batsman.



C.5.d

If a **bye or leg bye occurs on a no ball**, they are still recorded as **byes or leg byes**, and the **batting side receives one extra run** for the no ball, **recorded separately**.

C.6 - Out of His or Her Ground

C.6.a

A batsman is **out of their ground** if neither their **bat nor any part of their body** is touching the ground **behind the popping crease** at their end. For example, if the **bat is on the crease line but not behind it**, or if the **bat or body is over the line in the air without grounding**, the batsman is out of their ground.



C.6.b

If the batsman has already **touched the ground behind the crease** (for example, by running or diving) and then **loses contact while still moving forward**, they are **not out** if the wicket is broken at that moment.

C.6.c

Determining Which Ground Belongs to Which Batsman:

- If one batsman is **safe and grounded behind a popping crease**, that end belongs to them, and the other end belongs to the other batsman.
- If **neither batsman is in their ground** (such as while running), each ground belongs to the batsman **closest to it**.
- If both batsmen are **exactly level**, the ground each batsman occupied **before running** decides which ground belongs to whom.



C.6.d

Two batsmen can be in the **same ground**, and even three when a **runner** is involved.

C.7 - The Wicket Is Down

C.7.a

The **wicket is considered put down** when **one or both bails are completely removed** from the top of the stumps, or when a **stump is knocked out of the ground**. This can happen in many ways:

- The wicket can be put down by the **ball hitting the stumps**, by the **batsman's bat** (even if they've let go of it), or by a **broken piece of the bat** flying off and hitting the stumps.
- It can also happen if the **batsman's body, clothing, or any part of their equipment** falls onto the stumps.
- A **fielder can put down the wicket** using their **hand or arm**, but **only if that hand is holding the ball**.



C.7.b

If the **bail bounces up but settles back** on the stumps, the **wicket is not considered down**; it is officially down only when **both ends of either bail are completely removed** from the stumps.

C.8 - Fair Catch

C.8.a

A **catch is fair** if the ball is **caught and held** in the fielder's **hand, hugged to their body**, or **accidentally gets stuck** in their clothing, helmet, or protective gear like **pads or chest guard**.



C.8.b

The catch is still fair if the ball **deflects off another batsman, the umpire, another fielder**, or even a **helmet being worn**, and is then **cleanly caught**.

C.8.c

If the ball **accidentally gets stuck** in a **fielder's helmet**, the catch is also fair.



C.8.d

The ball must **not touch the ground before the catch**. If the **fielder's hand touches the ground but the ball doesn't**, the catch is still considered fair.

C.8.e

A catch is **not fair** if the fielder **deliberately uses clothing or equipment** (like a **cap or shirt**) to catch the ball. In this case, the **batsman is not out**, and the **batting team is awarded 5 penalty runs**.



C.9 - Boundary Catching

C.9.a

A **catch is fair** if the **fielder is inside the field of play**, the **ball has not touched the ground**, and the fielder has **complete control over both the ball and their own movement** when completing the catch.

C.9.b

If **any part of the fielder's body touches the boundary line or the ground outside the field** while touching the ball, the **batsman is not out** and is awarded **six runs**.



C.9.c

A batsman can be **given out** if the fielder:

- **Jumps from inside the boundary** without touching the line,
- **Touches the ball while airborne** over the boundary,
- **Throws the ball in the air** before landing,
- Then **returns inside the field** and completes the catch, either themselves or with a **teammate's help**.

C.9.d

A fielder can make **only one contact** with the ball while airborne outside the boundary. If they **touch it more than once**, it is not a clean catch and will result in **six runs**.



C.9.e

The **fielder who touches the ball while airborne outside** must **land inside the field of play** before completing the catch—even if another fielder completes it. Otherwise, it is considered an **over-boundary**.



C.10 – Stumping

C.10.a

Only the wicketkeeper can stump a batsman, and a stumping can occur **only if the ball is not a no ball**, though it **can happen off a wide ball**.

C.10.b

A batsman can be **stumped** if they **step out of the crease to play the ball, miss it, and do not attempt a run**, while the **wicketkeeper fairly removes the bails** without assistance from any other fielder.



C.10.c

If the ball **hits any part of the wicketkeeper or their protective gear** (like pads or helmet) and then **breaks the stumps**, it still **counts as a fair stumping**.

C.10.d

If the ball is a **no ball**, the **batsman cannot be stumped** and is also **safe from being run out**, unless they **attempt to take a run**.



C.11 - Hit the Ball Twice

C.11.a

A batsman is **out** if the ball is in play, has **touched their bat or body**, and they **willfully hit the ball a second time** with their bat or body **before a fielder touches it**.



C.11.b

A batsman is **not out** if the **second hit is accidental**, such as the ball **bouncing off the bat twice** without intent.

C.11.c

A second hit is also allowed if the batsman is **trying to protect the wicket**, using the bat or body (but **not a free hand**) to stop the ball from hitting the stumps. However, the batsman **cannot hit the ball again** to prevent a **fielder from catching it**.

C.11.d

A batsman may **hit the ball again to return it to a fielder**, but **only with the fielder's permission**.



C.11.e

Fielders must **not deliberately damage any part of the pitch**, including areas outside the protected zone.

C.11.f

For the **first offense**, the fielder is **cautioned** and the **captain is informed**. On the **second offense**, the **batting team is awarded 5 penalty runs**.

C.11.g

Batsmen must also **not deliberately damage the pitch**.



C.11.h

On the **first offense**, the batsman receives a **final warning**, which applies for the **rest of the innings** and includes any new batsman.

C.11.i

On the **second offense**:

- **All runs from that ball are cancelled** (except penalty runs for no balls or wides).
- The **fielding team is awarded 5 penalty runs**.
- **Batsmen must return to their original ends**.
- The **umpire informs both captains**, and the batsman may face **further action after the match**.



C.12 - Obstructing the Field

C.12.a

A batsman is **out obstructing the field** if they **deliberately try to stop or distract** the fielding side through **words or actions** while the ball is in play.

C.12.b

A batsman is also out if they **willfully hit the ball again after playing a shot** using:

- A **hand not holding the bat**, **Any part of the body**, Or the **bat itself**, unless it is done to **protect the wicket**.



C.12.c

A batsman may use the **bat or any part of their body** to **protect the stumps**, but **not a free hand**. Using a **free hand** to stop the ball is considered **obstruction** and results in the batsman being out.

C.12.d

The old rule "**Handled the Ball**" no longer exists; such cases now fall under **Obstructing the Field**.

C.12.e

If the obstruction is **accidental** or done to **avoid injury**, the batsman is **not out**. The **umpire decides** whether the act was **willful or accidental**.

C.12.f

If a **catch is prevented by obstruction**—even by the **non-striker**—the **striker is given out**.



C.12.g

A batsman who **runs outside the legal running path** just to **block a throw** may also be out if done **deliberately**.



C.13 - Running Out the Non-Striker

C.13.a

This occurs when the **non-striker leaves the crease early**, before the bowler delivers the ball. In such cases, the **bowler may stop, remove the bails, and run the non-striker out**.

C.13.b

Although some believe a **warning should be given**, the **law does not require it**. Since **leaving early gives an unfair advantage**, the **bowler is legally allowed** to run out the non-striker **any time before releasing the ball**.



C.14 - Runners

C.14.a

If a **batsman is injured during the match**, the **umpire may allow a runner** to run on their behalf.

C.14.b

The **runner must be a player from the batting side**, and **preferably someone who has already batted**.

C.14.c

The runner must **wear the same protective gear** as the injured batsman and **carry a bat**.

C.14.d

When the **injured batsman is the striker**, the **runner stands near square leg**, while the **umpire moves to the offside**. If a run is taken, the **runner and the non-striker run**.



C.14.e

When the **injured batsman is the non-striker**, the **batsman stands at square leg**, and the **runner takes the regular non-striker's position**.

C.14.f

The **runner is treated as the batsman** for all purposes. If the **runner breaks any rule**, the **injured batsman is given out**.

C.14.g

The **injured batsman's safe ground** is always at the **wicketkeeper's end**, even if they forget and attempt to run.

C.14.h

If the **runner leaves the crease early** (before the ball reaches the striker), it can result in a **run out**. If no run out happens, the **umpire may call dead ball**, and **no runs will be counted** from that delivery.

C.15 - New Batsman to the Crease

C.15.a

After a **catch dismissal**, the **new batsman always takes the striker's end**, regardless of whether the batsmen **crossed before the catch was completed**. This rule was updated by the **ICC to standardize outcomes**.

C.15.b

The **only exception** is when the **catch is taken on the final ball of an over**; in that case, the **new batsman starts at the non-striker's end** in the next over.

C.15.c

In dismissals like **bowled**, the **new batsman always takes the striker's end**.

C.15.d

In the case of a **run-out**, the **new batsman takes position at the end where the wicket was broken**, regardless of whether the batsmen **crossed during the run**.



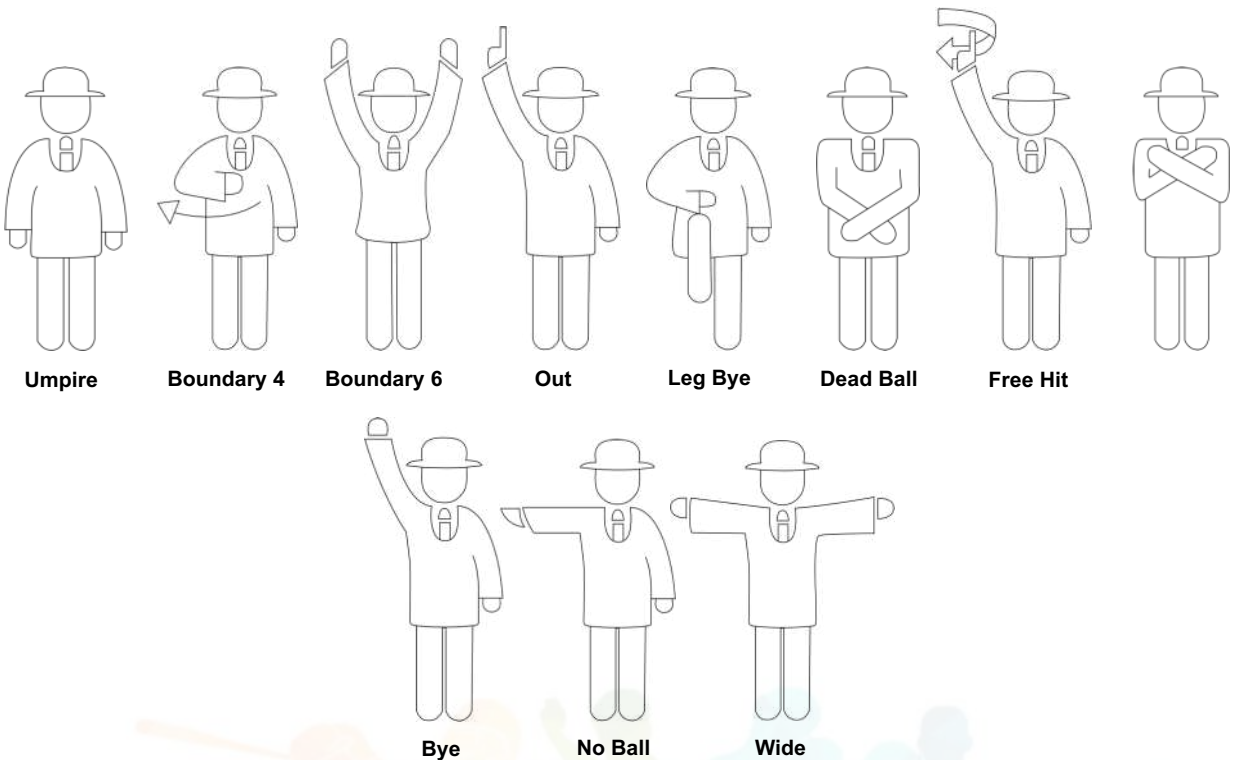
C.15.e

If the **non-striker is run out**, the **new batsman comes in at the non-striker's end**. If the **striker is run out**, the **new batsman comes in at the striker's end**.

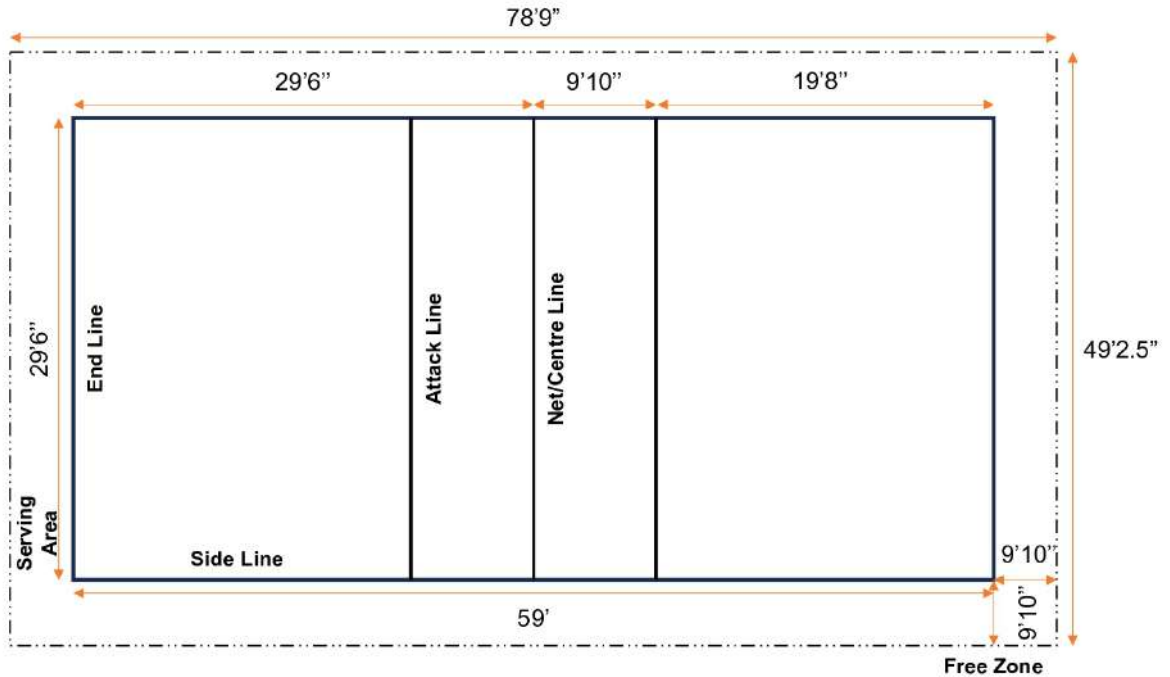


These are the **basic international cricket rules** we'll follow. The focus is on **keeping it simple, fair, and fun** for everyone.

Umpire Hand Signals for Cricket



Section D: Volleyball Guidelines



Measurement of Indesore Farmhouse Volleyball Field

D.1 – Teams

A volleyball team plays with **6 players** on the court at once. Each team has specific roles like **setter**, **outside hitter**, **middle blocker**, and **opposite hitter**. A team gets **3 touches** to return the ball to the other side. These touches can be made by **different players**, or the **same player** in special cases (like a block).



D.2 – Scoring

Points are scored when the ball **lands on the other team's court** or when the other team makes a **fault**. A point is given **no matter who served** the ball. The first team to reach **25 points** wins the set, but they need at least a **2-point lead** to seal the win. If the score is tied (called a **deuce**), the game goes on until one team gets that **2-point gap**.

D.3 – Rotation

Players rotate **clockwise** when their team wins the serve from the other side. This rotation gives **everyone a chance** to play all positions on the court.



D.4 – Substitutions

Each team is allowed **3 rolling substitutions** per game. Players must **enter and exit** through the **official substitution zone** only.



D.5 – Playing the Ball

Each team gets **three touches max** to send the ball back over the net. The usual flow is **pass – set – spike**, but **any player can do any move**. You **can't catch, hold, or throw** the ball. The ball must be **hit cleanly**.

D.6 – Serving

The server must **stay behind the end line** while serving. Touching the line = **fault serve** — they'll get **one more chance**. If the ball **hits the net but lands in** the opponent's court, it's still a **valid serve**.

D.7 – Switching Sides

Teams must **switch sides** of the court when **any team hits 12 points**.



D.8 – Faults

Faults are actions that break the rules and stop the rally.

Some of the most common ones include:

- **Double hits** – when a player touches the ball twice in a row during one play.
- **Lifts and carries** – when the ball is caught or thrown instead of being hit cleanly.
- **Touching the net** during play – not allowed at any point.
- **Foot faults** – like stepping over the service line while serving.

Any of these will lead to a **point for the opposing team**.



D.9 – Boundary Line

If the ball touches any part of the boundary line, it's considered **in**. It doesn't matter how much of the ball is inside — **just touching the line counts**. This applies to all phases of the rally, including serves and returns.

These rules are here to **keep the game safe and smart**. They help build a game that's **fair, competitive, and fun for everyone**. Following the rules makes sure there's **respect, safety, and strategy** on the court.

Referee Hand Signals for Volleyball



Point



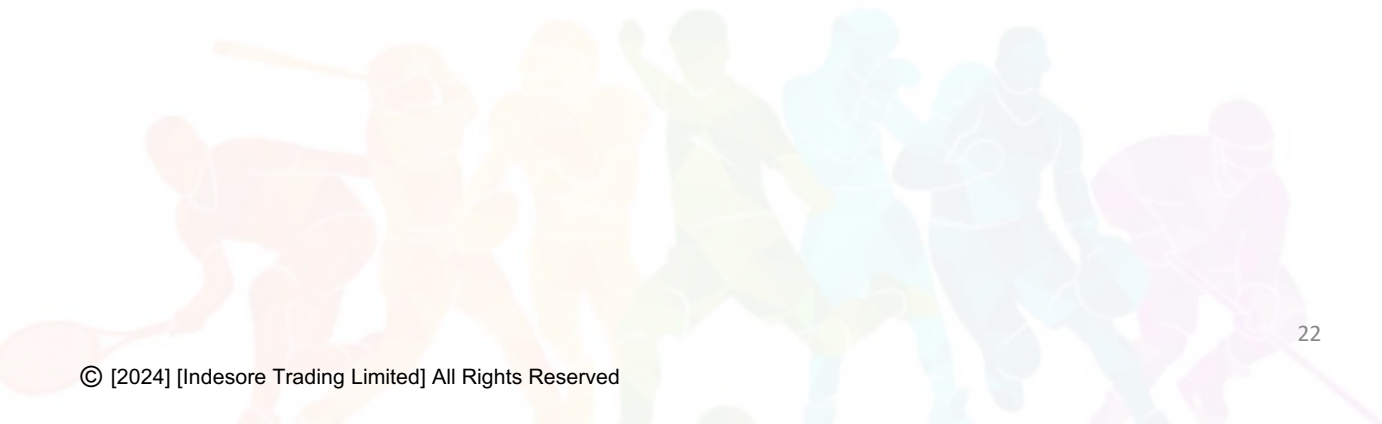
Substitution



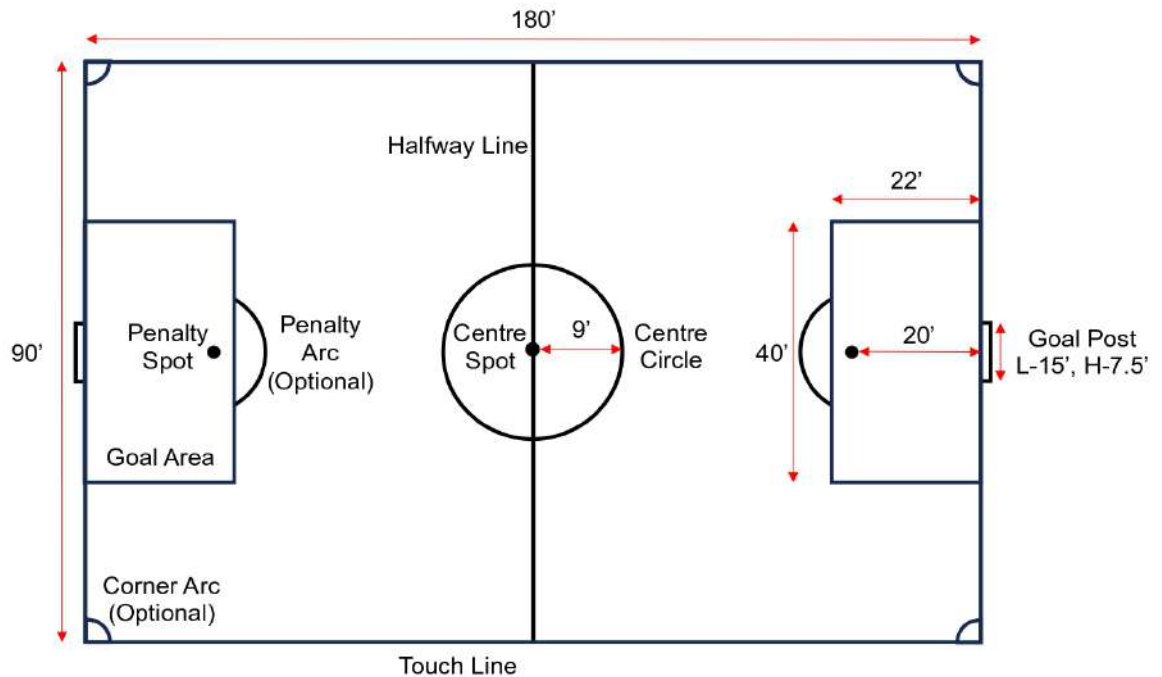
End of Game



Change of Court



Section E: Football Guidelines



Measurement of Indesore Farmhouse Football Field

E.1 – Number of Players

For the **August 2025** outing match, each team will have **9 players on the field, including 1 goalkeeper**. Teams can make up to **4 substitutions**. **This rule is a trial and will be reviewed after the outing.**



E.2 – Substitution Rules

Each team is allowed a **maximum of 3 substitutions** per match. Once a substituted player **leaves the match**, they **can't come back** to play in that same game. Players who receive a **red card** are **disqualified** and **can't be replaced**.

E.3 – Referees

Every match is managed by **1 main referee** and **2 assistant referees (linesmen)**. Referees are responsible for **enforcing the rules** and **making sure the game stays fair**. Their role is to **make unbiased decisions** and **maintain discipline** on the field.



E.4 – Start and Restart of Play

Matches **kick off** with a center start. After any stoppage, the game **resumes with throw-ins, goal kicks, corner kicks, or free kicks**. The restart method depends on **how the play was paused** (e.g. out of bounds, fouls, or goals).



E.5 – Duration of the Match

Each match has **two halves**, each lasting **10 minutes**. **Injury time** may be added at the **referee's discretion**. If it's a **knockout match** and ends in a draw, it may go to **extra time or penalty shootout** to decide the winner.

E.6 – Ball In and Out of Play

The ball is **always in play** unless the **referee stops it** or it **goes out of bounds**. It's **out of play** when it fully crosses the **sidelines (touchlines)** or **end lines (goal lines)**.

E.7 – Method of Scoring

A **goal counts** only when the **whole ball crosses** the goal line. It must go **between the posts** and **under the crossbar**. The team with the **most goals at full time** wins the match.



E.8 – Free Kicks

Free kicks are given for **fouls** or **handballs**. The **type** of free kick depends on where and how the foul happened.

E.9 – Penalty Kicks

A **penalty kick** is given if a **foul** or **handball** happens inside the **penalty box**. The kick is taken from the **penalty spot**. Only the **goalkeeper** and the **kicker** are allowed in the box until the ball is kicked.



E.10 – Throw-In Ball

A **throw-in** happens when the ball goes out over the sideline. If a player **throws the ball directly into the goal**, it **doesn't count** as a goal.

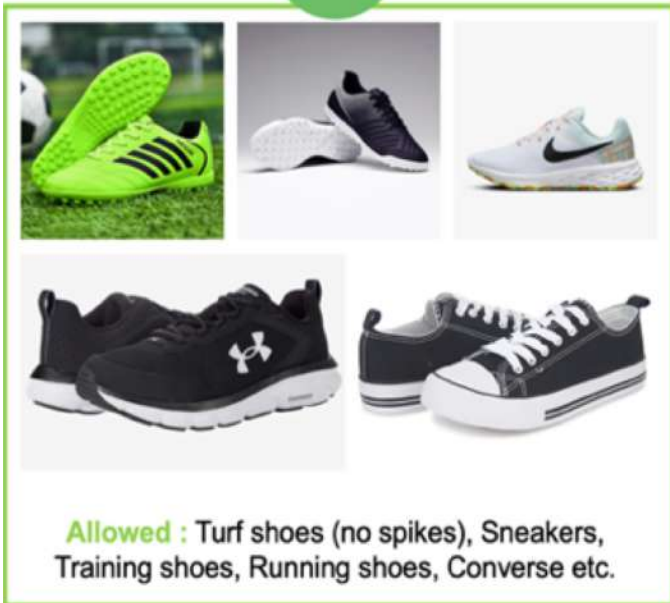
E.11 – Fouls and Misconduct

Fouls include things like **tripping**, **pushing**, **holding**, and **dangerous tackles**. **Yellow cards** are given as **warnings** for reckless or unsporting behavior. A **red card** means the player is **sent off** and can't rejoin the match. If a player gets **2 yellow cards** in the same match, it **automatically becomes a red**. Other red card offenses include **violent conduct**, **dissent**, or **time-wasting**.

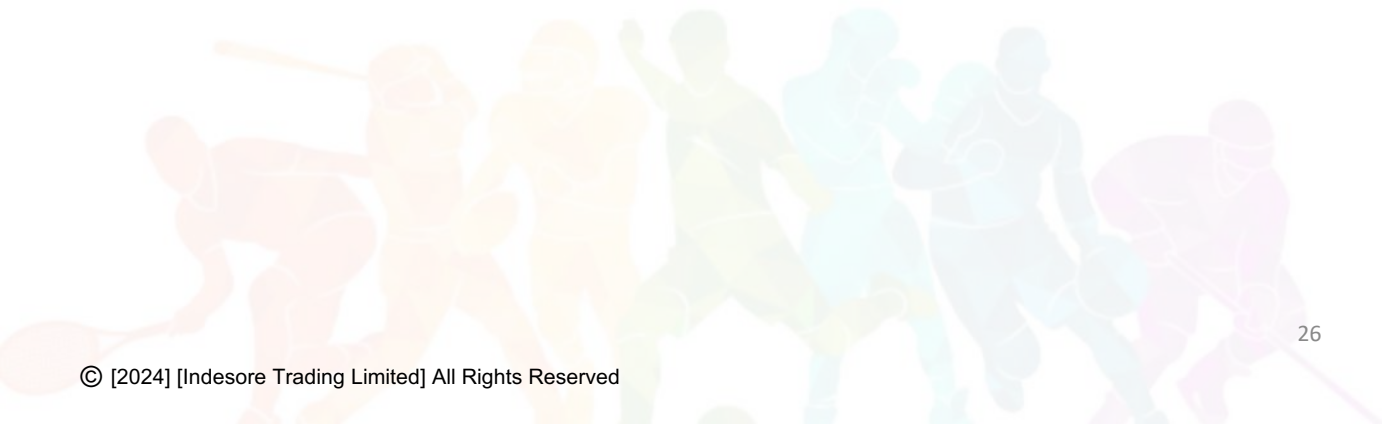
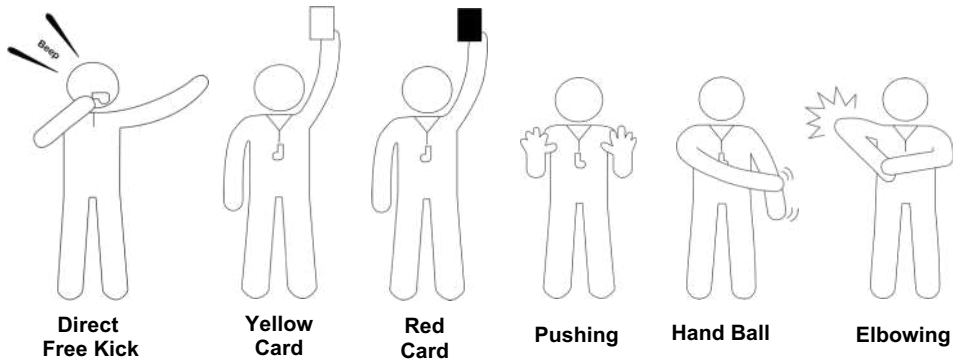
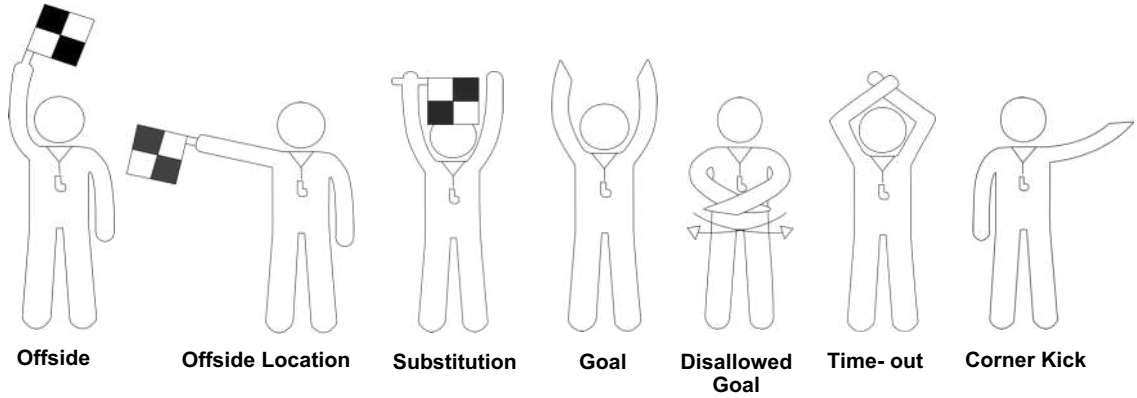
These are the core international football rules from the Laws of the Game. They set the standard for fair and consistent play. These rules apply to football matches worldwide.

Football Equipment

Players must wear proper jerseys, shorts, socks, shin guards, and shoes.



Referee Hand Signals for Football



Reference

Cricket - *Reference:

International cricket is governed by the International Cricket Council (ICC), which sets the rules and regulations for the game. The primary format of international cricket is played in three main formats: Test cricket, One Day International (ODI), and Twenty20 International (T20I).

<https://www.icc-cricket.com/about/cricket/rules-and-regulations/playing-conditions>

Volleyball - *Reference:

The international rules of volleyball are outlined by the Fédération Internationale de Volleyball (FIVB), the international governing body for the sport. These are some of the fundamental rules of volleyball as governed by the FIVB. It's essential to refer to the official FIVB rulebook for a comprehensive understanding and any updates to the rules.

https://www.fivb.com/en/volleyball/thegame_glossary/officialrulesofthegames

Football - *Reference:

The international rules of football, commonly known as soccer in some countries, are established by FIFA (Fédération Internationale de Football Association) and are outlined in the Laws of the Game. These rules govern the sport at the international level and are adhered to by all member associations worldwide.

<https://digitalhub.fifa.com/m/5371a6dcc42fbb44/original/d6g1medsi8jrrd3e4imp-pdf.pdf>



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