



RULE BOOK



FIRST EDITION - 2025

TABLE OF CONTENTS

1.	Introduction
2.	Playground
3.	Field Size
4.	Sports Equipment
5.	Team & Players
6.	Player's Age Group
7.	Scoring System
8.	Substitution / Change of Players
9.	Out System
10.	Extra Runs
11.	Game Operation
12.	Officials & Their Duties
13.	Player's Dress Code
14.	Time Out Rules
15.	Walk Over Rules
16.	Tie Breaking Rules
17.	Score Sheet & Records

01. INTRODUCTION OF LEGBALL FEDERATION OF INDIA (LFI)

The LegBall Federation of India (LFI) is the apex governing body for the promotion, regulation, and development of the emerging sport of LegBall across the country. Established with the vision of nurturing a new era of sports culture in India, the federation works towards providing equal opportunities for athletes at the grassroots, state, national, and international levels.

LFI is dedicated to:

- Standardizing rules and regulations of the game.
- Organizing tournaments, leagues, and championships to promote competitive participation.
- Conducting training programs, referee seminars, and coaching workshops for the holistic development of players and officials.
- Collaborating with schools, colleges, sports associations, and government bodies to expand the reach of the game.
- Encouraging youth participation and creating pathways for players to showcase their talent at higher platforms.

With its headquarters in India, the Federation serves as the central body connecting various state-level associations, ensuring structured growth and nationwide recognition of LegBall. Through its initiatives, LFI aims to position India as a leading nation in this modern sport, inspiring young athletes and fostering sportsmanship, discipline, and teamwork.

02. PLAYGROUND SIZE

The playing field has different measurements based on age groups (mtr = meter).

Age Group	Boys	Girls
14 Years	40 mtr	35 mtr
17 Years	45 mtr	40 mtr
19 Years	50 mtr	45 mtr
23 Years	55 mtr	50 mtr
Open Category	55 mtr	55 mtr

3. FIELD SIZE

- 4 stumps in the field, distance between them = 4 inches.

Pitch size:

- Sub-junior/Junior → 2.75m × 15m
- Senior → 2.75m × 18m
- Distance between gins (lanterns): 11m to 15m.
- Danger line = 1st line, Normal line = 2nd line.

4. SPORTS EQUIPMENT

- 4 stumps & 3 Bells
- Football (No. 3 or No. 4).
- Running shoes

5. TEAM & PLAYERS

- Two teams play against each other.
- Each team: 12 players (9 on field, 3 substitutes).
- Captain & Vice-Captain compulsory.
- Captain ensures only registered players enter field.
- After toss, team list cannot be changed.
- Vice-Captain takes charge if Captain is injured.
- **Participation categories:**
 1. Men (Boys)
 2. Women (Girls)
 3. Mixed (at least 5 girls + 4 boys required).

6. PLAYER'S AGE GROUPS

- Federation Categories: U-14, U-17, U-19, U-23, Open.
- School Games Federation of India: U-14, U-17, U-19.
- Groups: Boys, Girls, Mixed.
- Players must play within their age group.
- Mixed team must include at least 5 women.

7. SCORING SYSTEM

- Runs: 1, 2, 3, 4, 6.

8. SUBSTITUTION RULES

- Substitution allowed only in case of injury.
- Permission of umpire is compulsory.
- No field change without umpire's approval.

9. OUT SYSTEM

- Touching the ball → Out.
- Picking up ball & giving to bowler → Out.
- Double touch → Out.
- Stump wicket → Out.
- Hit wicket → Out.
- Run out → Out.
- Catch out → Out.
- Misbehavior with umpire or opponent → Expulsion + penalty run to other team.

10. EXTRA RUNS

- No ball.
- Throw by.

11. GAME OPERATION

OFFICIALS:

- 2 Umpires
- 2 Scorers
- 2 Record Holders

UMPIRES:

- Conduct toss.
- Explain rules before game.
- Measure pitch & check field setup.
- Resolve disputes jointly.
- Confirm rules with Captains.
- In case of doubt → Forward to 3rd Umpire.

SCORERS:

- Record runs, outs, extras.
- Maintain team list.
- Count bowler's and legger's performance.
- Ensure error-free score sheet.

RECORD HOLDERS:

- Maintain full tournament records.
- Enter runs, outs, match summary in score sheets.

12. OFFICIALS & THEIR DUTIES

In a Leg Ball match, the following officials are mandatory:

1. UMPIRES (2)

- Conduct the toss before the match.
- Ensure the pitch, stumps, and ground are according to federation measurements.
- Explain rules of the game to both teams before the start.
- Supervise the match and enforce rules impartially.
- Decide on outs, runs, no-balls, and disputes.
- In case of confusion, both umpires must discuss and give a joint decision.
- If required, refer the case to the 3rd Umpire / Federation Official.
- Maintain discipline and fair play throughout the match.

2. SCORERS (2)

- Collect the official team list from both Captains before the match.
- Record every ball, run, extra, and dismissal on the score sheet.
- Mark special notations for extras such as “No Ball” and “Throw By”.
- Maintain neat and error-free records of the innings.
- Inform umpires and teams of current score when required.
- Submit final score sheet to the record holder after match ends.

3. RECORD HOLDERS (2)

- Maintain the official record book of the tournament.
- Enter match-wise details: toss result, team list, final score, wickets, and extras.
- Keep safe custody of all score sheets and official records.
- Submit a final match summary/report to the Federation after the game.

4. TECHNICAL OFFICER / COMMITTEE

- Provide all necessary material to officials (pens, pads, score sheets, etc.).
- Ensure smooth organization of the match/tournament.
- Resolve any administrative issues beyond umpire’s jurisdiction.
- Oversee the conduct of players, coaches, and spectators.
- Take disciplinary action in case of misconduct or violation of federation rules.

13. DRESS CODE

- Official jersey of team.
- Sports shorts / track.
- Shoes compulsory.

14. TIME OUT RULES

- One time out per inning allowed.

15. WALK OVER RULES

- If team fails to appear on ground within given time → Walk over granted to opponent.

16. TIE BREAKING RULES

- In case of tie → Super Over / Deciding Round as per umpire's decision.

17. SCORE SHEET

- All runs, outs, extras recorded by scorer.
- Record holder maintains official match file.

FEDERATION COMMITTEE MEMBERS



PRESIDENT

DR. SUMEET SUSEELAN

MEMEBER, MINISTRY OF CIVIL AVIATION GOVT. OF INDIA (AAC)

FOUNDER SECRETARY

DR. ARVIND CHITTORIYA

NATIONAL PRESIDENT OF ICSE



SECRETARY GENERAL

MR. PANKAJ PANDEY

NATIONAL MEDALIST , MASTERS IN SPORTS



TECH. SECRETARY
MR. SHUBHAM RAI

BOLLYWOOD ACTOR



DEPUTY GEN. SEC.
MR. RUDRA P. SINGH

NATIONAL GYMNAST (MEDALIST)



TREASURER
MR. DEEPENDRA Y.

FITNESS & NUTRITION EXPERT