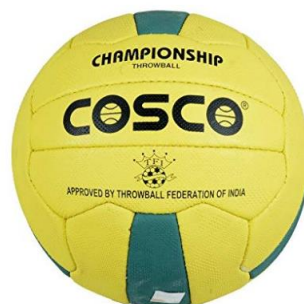


Throwball Rules

Introduction

This document contains the official Throwball rules that will be enforced and adhered to by all athletes participating in Throwball by the USA Throwball Association.



Highlights

- ✓ A set is won by the team that first scores twenty-five (25) points with a minimum lead of two (2) points. In the case of a twenty-four to twenty-four (24-24) tie in points, play will continue until a two (2) point lead is achieved (e.g. 26-24).
- ✓ **If the set is still tied at twenty-six to twenty-six (26-26) points, then the team scoring the twenty-seventh (27th) point will win the set with only a one (1) point lead.**
- ✓ A match is won by the team that wins two (2) out of three (3) sets.
- ✓ In case of a one-to-one tie (1-1) in sets, **the deciding third (3rd) set will be played to fifteen (15) points** with a minimum lead of two (2) points. In the case of a fourteen to fourteen (14-14) tie in points, play will be continued until a two (2) point lead is achieved (e.g. 16-14).
- ✓ If the set is still tied at sixteen to sixteen (16-16) points, **then the team scoring the seventeenth (17th) point** will win the set and match with only a one (1) point lead.
- ✓ **A team can win the point without holding serve (PAR – point-a-rally system). A team scores a point:**
 - **By grounding the ball on the opponent's court**
 - **When the opponent team commits a foul**
 - **When the opponent team receives a penalty.**
- ✓ A team must have a minimum of eleven (11) players and maximum of eighteen (18) players. A match may not start if either team consists of fewer than seven (7) players.
- ✓ The team shall consist of nine (9) players on the court and five (5) substitutes. Five (5) substitutes are allowed for each set.
- ✓ Additional team members who arrive during the set/match **MUST** check-in at the scorekeeper's table and verify their names with their identification badge. Athletes who arrive late may or may not be allowed to join the game at the

referee's discretion. An exception is an athlete returning from medical treatment or a situation related to the JG-OT.

- ✓ Court size will be 36 feet x 60 feet with a neutral box of 3.30 feet on either side of the center. The net will be 7.22 feet. Matches shall be played indoors.
- ✓ **The ball must be served within five (5) seconds after the referee has blown the whistle, and the service is performed from the service zone without crossing the end line. A player can jump while serving the ball. The service ball must not touch the net.**
- ✓ **Any ball after catching (during rally) shall be thrown within three (3) seconds, only from above the waist-line and only with one (1) hand.**

Throwball Court

The diagram below is an illustration of a throwball court:

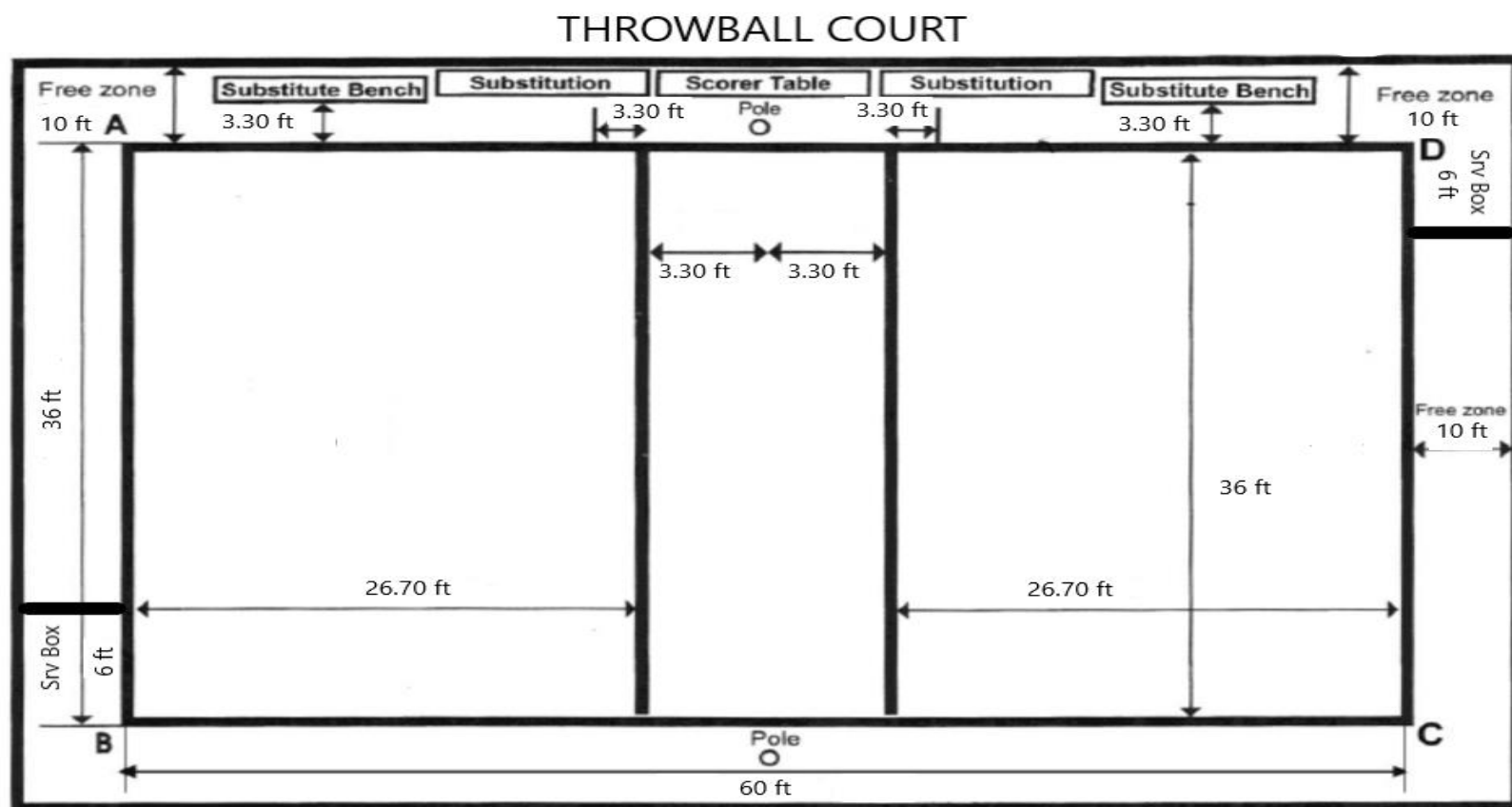


Figure 1 – 36 feet x 60 feet

Throwball Player Rotation Order

The diagram below is an illustration of a throwball player rotation order:

There shall be nine (9) players in each side and each row must have three (3) players during the serve. Example of standing order during the serve.

1	_____	2	_____	3
4	_____	5	_____	6
7	_____	8	_____	9

The same rotation position must be maintained throughout the set.

The rotation of the position of the player should be in “Z” form. After the service change the player standing in No. 9 position will go to No. 1 position, No. 1 to No. 2 and so on.

Equipment

- ✓ Knee pads are permitted.
- ✓ Ball circumference shall be seventy centimeters (70 cm) to seventy-two centimeters (72 cm) and weigh between four hundred grams (400 g) to four hundred fifty grams (450 g). The ball shall be spherical, made of either flexible leather or synthetic leather material that is hand sewn, with a bladder inside made of rubber or similar material. The ball color may be a uniform light color or a combination of colors. The ball shall be size five (5) constructed from eighteen (18) panels. Only balls marked with official ITF or TFI logo shall be used.
- ✓ The net will be placed vertically over the center line and the top of the net shall be set at a height of 7.22 feet.
- ✓ Tape may only be used on fingers, hands and wrists.
- ✓ Any player wearing gloves and/or casts covering the hand(s) will not be permitted to play.
- ✓ Jewelry cannot be worn at any time on the playing surface. If jewelry cannot be removed it must be taped over only if the referee determines that taping over the jewelry does not pose a safety risk to the athlete or other athletes. All other matters pertaining to jewelry will be left to the referee's discretion.
- ✓ Players may wear corrective eyeglasses or contact lenses at their own risk (it is advised that sport goggles be worn for safety considerations).

Method of Scoring

- ✓ A team scores a point:
 - By successfully grounding the ball on the opponent's court
 - When the opponent grounds the ball on the box line or in the dead zone
 - When the opponent holds or lifts the ball with the palm upwards
 - When the opponent holds the ball for more than three (3) seconds (delay)
 - When the ball touches the opponent's body

- When the opponent touches the ball two (2) consecutive times
- **When the opponent touches the box line or the dead zone**
- **When the opponent releases the ball below waist level**
- When the opponent is juggling the ball in their hands at the time of holding
- **When the opponent takes more than one (1) step forward, backward and sideways after receiving the ball**
- **When the opponent jumps to receive the ball or jumps to throw the ball after taking a step**
- When two (2) or more players from the opposing team catch the ball simultaneously
- **When the opponent shifts the ball from one hand to other hand**
- When the return ball goes out of court, passes under the net, or touches an object outside the court
- When the server at the time of service after the referee blows the whistle dribbles the ball on the court
- **When the server takes more than five (5) seconds for service after the referee's whistle**
- When the opponent server serves out of turn
- **When the service ball touches the net**
- When the opponent team receives a penalty or personal warning from the referee
- **If the serving team wins the rally, it scores a point and continues to serve**
- **If the receiving team wins the rally, it scores a point and now holds service.**
- If a player slides while catching the ball it will be a fault.
- Team receiving the service ball must catch on the first attempt. Service ball cannot be a two-touch situation.
- Servicing player may not step on the court line till the ball has crossed the net.

Official Rules

The Toss

- Before the match, the first (1st) referee carries out a toss in the presence of the two (2) team captains. The winner of the toss chooses either the right to serve or the side of the court to receive.
- If a deciding set is to be played, a new toss will be carried out.

Positions and Rotation

- The rotation of the position of the players shall be in “Z” form. After the service is broken the player standing in the number nine (9) position will go to the number one (1) position, number one (1) position to number two (2) position, number two (2) position to number three (3) position and so on.
- After the set ends, service must be taken by the team which didn’t start the service in the previous set.
- There shall be nine (9) players in each side and each row must have three (3) players during the serve. Example of standing order during the serve.

1	_____	2	_____	3
4	_____	5	_____	6
7	_____	8	_____	9

- Change of position of players is allowed once the ball is released from the servicing player’s hand.
- The players must occupy their original positions once the rally is completed, unless the service is broken, in which case it will rotate in the “Z” form.

Serving

- A player should serve the ball by palm within five (5) seconds after the referee's whistle from the service zone without touching the end line.
- The player standing in position number nine (9) shall take the position to serve the ball from outside the end line.
- The server shall not enter the court before the ball crosses the net.
- The ball shall be served using the palm above the waist level in one (1) course of action, and the ball shall not touch any part of the body.
- The player shall serve or throw the ball to the opponent's court using only one (1) hand.
- The service ball must not touch the net.
- Players must stay in the "Z" form position during the serve.
- Change of position of players is allowed once the ball is released from the servicing player's hand.
- The players must occupy their original positions once the rally is completed, unless the team wins the rally, in which case it will rotate in the "Z" form.
- Jump service is allowed, but the player shall not enter the court before the ball crosses the net.
- Double touch is not allowed for receiving the service ball.
- After the set ends, service must be taken by the team which didn't start the service in the previous set.
- If a deciding set is to be played, a new toss will be carried out. The winner of the toss chooses either the right to serve or the side of the court to receive.
- Service Box should be 6 feet from the end line (behind position #9). There is no violation for a player to step outside of the 6 feet line as long as they have one foot inside the box by the time the ball is released from their hand.

Game Play

- A player should serve the ball by palm within five (5) seconds after the referee has blown the whistle without touching the end line. A service executed before the referee's whistle is cancelled and repeated. If this occurs then a warning will be given to both teams for the game. If this violated again in the same game then it will be a violation for the servicing team.
- Each team must play within its own playing area and space.
- Any ball after catching (during rally) shall be thrown within three (3) seconds, only from above the waist-line and only with one (1) hand.
- The ball must be thrown by the player from above the waist level only.
- A player cannot take more than one (1) step in a position. A player after receiving the ball is permitted only one (1) step forward, backward or sideways.
- Jumping when catching the ball is not allowed.
- Spot jump is allowed while throwing the ball to the opponent court however after stepping, jump is not allowed.
- A player must catch the ball with both hands, without any movement of the ball within the hands (dubs), and the player should have contact with the ground.
- A player must return the ball with only one (1) hand without touching any part of the body.
- Two (2) players are not allowed to catch the ball simultaneously.
- If a ball slips or rebounds unintentionally from the hands of any one (1) player, another player can catch the ball and return it to the opponent's court before the ball touches the ground. The same player cannot catch the ball for the second (2nd) time. Also, you can't have a third player touch the ball if it unintentionally slips or rebounds from the second player.
- While a player is receiving or returning the ball to the opponent's court, no part of his/her body shall touch the box line.
- A player cannot turn 180 degrees after catching a ball to throw the ball back to the opponent side.
- After receiving the ball a player may cross the side line or end line with one (1) leg in contact with the court.

- Change of position of players is allowed once the ball is released from the servicing player's hand. The players should occupy their original position once the rally is completed unless the team wins the rally, in which case it will rotate in the "Z" form.
- Any ball falling on the box line or in the dead zone is a foul, and the opponent will get the point and will get to serve.
- The ball can neither be shifted (passed) to the left or right hand, nor deliberately pushed.
- Any ball during service or rally that falls on the side line or the end line is a good ball.
- Players may not interfere with opponents while the ball is in play, which includes yelling at opponents or hindering an opponent's legitimate attempt to play the ball, which will result in a fault.
- The player cannot step inside the dead zone to catch the ball and neither can she throw the ball in the dead zone.

Fouls

- Juggling: Ball slipping in the hands at the time the player receives the ball.
- Double Contact: Player receives the ball in his/her hands and the ball bounces in hands two (2) times.
- Dead Ball: Any ball that touches the ground in the dead zone will result in a point being given to the opponent team.
- Body Touch: While throwing/returning/receiving, the ball touches any part of the body.
- Delay: A player keeping the ball for more than three (3) seconds or the server serving the ball five (5) seconds after the referee's whistle.
- A ball rebounding or bouncing from the net can be received by another player and is not a foul, but intentionally throwing the ball to the net is a foul.
- The service ball touching the net is considered a foul.

- Movement: A player taking more than one (1) step forward, backward or sideways after receiving the ball.
- Clash: Catching the ball simultaneously by two (2) or more players.
- Jumping and receiving the ball is not allowed, however, jumping and throwing the ball is allowed before stepping.
- Any ball falling on the box line or in the dead zone is a foul, and the opponent will get the point and will get to serve.
- Shifting: A player shifting the ball from the right side to the left side of his/her hands or vice-versa during play.

Substitutions

- Substitution is the act by which the referee authorizes the player to leave the court and another player to occupy the same order position.
- Substitution must be done from the specified substitution area with the permission of the referee and/or umpire.
- Five (5) substitutions is the maximum permitted per team per set.
- Substitution will be allowed when the ball is dead upon the referee's/umpire's signal.
- A player may be re-substituted in the same set.
- A player may be re-substituted even on the ninth (9th) position.
- After the five (5) substitutions, if any player gets injured the remaining players have to continue up to seven (7) players.
- Only the injured player will be allowed to re-enter the game once clearance given by medical staff and permitted to enter by the referee/umpire.
- A player who arrived after the scheduled start time due to medical treatment will be eligible to play in that set provided the five (5) substitutions are not used up.
- If a team is playing without any substitutions available and they would like to substitute a player that is on the court they must do the following:
 - Player 1 has to step out of the court during a dead ball and remain outside for one (1) play. This will count as 1 substitution.
 - On the next dead ball Player 1 can be substituted for Player 9 and

then Player 9 can go into the place of where Player 1 was playing.
This will count as 2 substitutions.

Time-outs

- Each team may call a time-out in a set at any time.
- The time-out will be allowed when the ball is dead.
- Referee/umpire may call an official/technical time-out if required.
- All time-outs that are requested last for two (2) minutes. Each team may request two (2) time-outs per set. If teams are ready to go then we can start prior to the expiration of the two (2) minutes.
- After each set, the teams change courts, with the exception of the deciding set.
- All intervals between sets shall last two (2) minutes.
- In the deciding set, once the leading team reaches eight (8) points, the teams change courts without delay and the players' positions remain the same.

Warm-up

- Prior to the match, teams are entitled to a two (2) minute warm-up period together at the net.
- Players not in play may warm-up during:
 - o Play without balls in the warm-up areas
 - o Time-outs in the free zone behind their court
 - o Set breaks in the free zone with balls behind the court

Coaching

- Coaching is considered to be communication, advice or instruction of any kind to a player.
- Coaching can be provided to the player(s) during the two (2) minutes time-outs allotted per team per set, and during the two (2) minute interval break between sets.
- In the above regulation breaks during a match, the coach must return to his/her designated chair/seating area as soon as the referee announces that the time-out or interval break is over.

- Throughout the match, the coach conducts the play of his/her team from outside the playing court. The coach selects the starting line-ups, the substitutes and calls time-outs. In these functions the coach's contacting official is the second (2nd) referee if available or the first (1st) referee.
- The coach or captain records or checks the names and numbers of his/her players on the score sheet and then signs it.
- During the match, the coach sits on the designated chair/seating area but may leave it, and gives instructions to the players on the court. The coach may give these instructions while standing or walking within the free zone in front of his/her team's designated seating area.
- Where a head coach is not present or available, an assistant coach, team manager or team captain may assume the role of a coach.
- Under no circumstances can coaching be provided when the ball is in play, in any manner that distracts the opposing player(s) or disrupts or delays the match.

Illness, Injury and Bleeding

Illness

- A player who suffers an illness that involves neither an injury nor bleeding must either continue to play immediately, or the team may use the one (1) two (2) minute time-out allowed, if available, during a set or substitute the player who is ill.
- This includes conditions such as a cramp, nausea, breathlessness and asthma.
- A team is declared incomplete if it has fewer than seven (7) players on the court and shall forfeit the match but shall retain any points already scored and any sets already won.

Injury

- Should a serious accident occur while the ball is in play, the referee has the discretion to stop the set immediately and permit medical assistance to enter the court. The rally will then be replayed.
- If the referee is not satisfied that the injury is genuine, s/he must advise the captain/coach to decide whether to resume play immediately, substitute the

player or use one (1) two (2) minute time-out allowed during a set for recovery, if available.

- If the referee deems the injury to be genuine and the injured/ill player cannot be substituted legally, the player shall be given a two (2) minute recovery time, but not more than once for the same player in the match.
- After the two (2) minute recovery time, if the player does not recover, the team may request a legal time-out, if available, during the match of two (2) minutes. If the player still has not recovered, the team can substitute the player out or play without and continue.
- A team is declared incomplete if it has fewer than seven (7) players on the court and shall forfeit the match but retain any points already scored and any sets already won.

Bleeding

- Whenever bleeding occurs, the bleeding must be stopped before the player can continue.
- Play shall be suspended immediately and the player shall receive medical treatment.
- Play shall not resume until all traces of blood have been removed from the playing surface.
- If immediate medical treatment does not rectify the injury, the player must be substituted or replaced until the bleeding is stopped and the blood is removed from his/her uniform if possible.
- A team is declared incomplete if it has fewer than seven (7) players on the court and shall forfeit the match but retain any points already scored and any sets already won.
- Bloodstained clothing must be replaced, if possible.