



# Rule Book

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## Introduction

This document contains the official laws of the match that will be enforced and adhered to by all athletes participating in the USTA. The rules are based on international standards published by the International Throwball Federation (ITF) and the Throwball Federation of India (TFI).

Playing conditions, format, rules and/or terms may be subject to. The USTA reserves the right to make such changes. All changes will be communicated to participating National teams at the earliest opportunity.

## Rules and Standards 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 be continued 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) in 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) in 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 can have a maximum of twelve (12) players. A match may not start if either team consists of fewer than seven (7) players.
- The team shall consist of seven (7) players on the court. 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 depending upon the referee's discretion. An exception is an athlete returning from medical treatment.

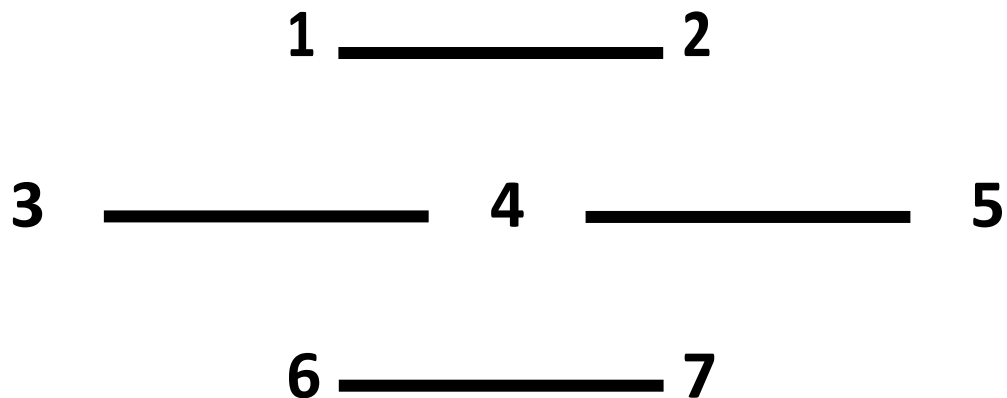
- Court size will be 36 feet x approximately 60 feet (host facility will have court size that is at least standard volleyball court size) with a neutral box of 3.30 feet on either side of the center. The net will be 7.22 feet. Matches shall be played indoors.
- The ball must be served within five (5) seconds after the whistle has been blown by the referee, 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 shoulder and only with one (1) hand.

### Throwball Player Rotation Order

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

There shall be seven (7) players in each side and must stand in the order of position in the line as per standing order mentioned below:

Standing Order



The same rotation position must be maintained throughout the set. The rotation of the position of the player should be in “Z” form, i.e., after the service change the player standing in No. 7 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. Only balls marked with the 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.
- Gloves, casts or any other equipment that gives an artificial advantage will not be permitted.
- 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 highly advisable 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 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 while touching the ball.
- When the return ball crosses or touches the net outside the antenna.
- When the opponent fails to send the ball at shoulder level.
- When the opponent is juggling the ball in her hands at the time of holding.
- When the return ball goes out of court, passes under the net, or touches an object outside the court.
- When the opponent shifts the ball from one hand to other hand.
- 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 team receives a penalty.
- 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.

## Tie Games

- A match is won by the team that wins two (2) out of three (3) sets.
- 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 be continued 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) in 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) in 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).

## Game 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.

### Players

- A team can have a maximum of twelve **(12)** players. A match may not start if either team consists of fewer than seven (7) players.
- The team **must** have seven (7) players on the court.
- Maximum of Five **(5)** substitutes are allowed per set. Any player can substitute among the twelve **(12)** players at any time during the match.
- Name of the players should be entered in the score sheet along with their respective jersey numbers before the commencement of the match. Only players who have been entered in the score sheet are eligible to play or substitute.
- The action of substitution shall not happen during the period of team-timeout or technical time-out or at any moment when the game is stopped for any reason. But once the players are back to their positions than substitution is permitted.
- Substitution should happen in front of the scorer table, exactly in the neutral box. The outgoing player will leave the court first and then the incoming player will enter the court. Both players will display their jersey numbers to the scorer.
- No substitution is permitted at 7th or service position.



## Position and Rotation

- The rotation of the position of the players shall be in “Z” form i.e., after the service change the player standing in the number seven (7) 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 of the opposite side to that of the team who started the set.
- The player standing in position number seven (7) will take the position to serve the ball from outside the end line.
- Players must stay in the standing order 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.

## Serving

- The player in position number seven (7) 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 ball should be served using the palm and the ball should not touch any part of the body, by using any of the skill above the shoulder level in one (1) course of action.
- Player does not have to wait for the ball to cross the net to enter the court after they serve.
- A ball served before the referee's whistle will be considered a foul.
- The service ball touching the net will not be permitted.
- The service ball will be returned by only one player of the opponent team and the second touch is not allowed.
- A service ball falling in or on the dead zone, including the line, is considered a foul.
- 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.
- After the set ends, service must be taken by the team of the opposite side to that of the team who started the 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 18 feet on the right end of the court. There is no violation for a player to step outside of the service box as long as they have one foot inside the box at 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's whistle without touching the end line.
- Any ball after catching (during rally) shall be thrown within three (3) seconds, only from above the shoulder and only with one (1) hand.
- Player receiving the ball at below or over shoulder level should bring it to shoulder level and throw in course of one (1) action only.
- A player can't take more than one (1) step in a position. A player after receiving the ball is permitted only one (1) step.
- A player must catch the ball with both hands, without any sound or movement of the ball within the hands.
- 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 touch the ball simultaneously.
- Spot jump is allowed while throwing the ball to the opponent court however after taking a step, jump throw is not allowed.
- Jumping when catching the ball is not allowed.
- The ball can neither be shifted (passed) to the left or right hand, nor deliberately pushed.
- A ball thrown during service or rally to the opposite site that falls on the sideline or the end line is a point.
- 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 foul.
- Players are not allowed to cross their feet or any other part of their body across the center line.

## Fouls

- **Juggling:** Ball slipping in the hands at the time of player receiving the ball.
- **Double contact:** Player receives the ball in his hands and bounces in hand two (2) times.
- **Dead ball:** Any ball that touches the ground in the dead zone, a point will be given to the opponent.
- **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 after receiving the ball.
- **Clash:** Touching the ball simultaneously by two (2) or more players.
- Jumping and catching the ball is not allowed, however, jumping and throwing the ball is allowed.
- A ball falling in the dead zone is a foul. The opponent will get a point and will get to serve.
- **Shifting:** A player shifting the ball from the right side to the left side of their hands or vice-versa during play.
- Catching the ball while the player's back facing the net is a foul.
- Pushing the ball is not allowed.
- If a ball is caught outside of the court, it is automatically a foul.
- Hook throws are not allowed.

## 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 /umpire.
- Five (5) substitutions are the maximum permitted per team per set.
- Substitution will be allowed when the ball is dead upon the referee's signal.
- A player may be re-substituted in the same set.
- No substitution is permitted at 7th or service position.
- After the five (5) substitutions, if any player gets injured, a referee will give injury timeout. If the referee deems the injury to be genuine and the injured/ill player cannot be substituted legally, the player will be given a three (2) minute recovery time, but not more than once for the same player in the match.
  - After the three (2) minute recovery time, if the player does not recover, the team may request a legal time-out during the match of one (1) minute. If the player still has not recovered, the team is then declared incomplete and must forfeit.

## Time-outs

- Each team may request two (2) time-outs per set.
- Each team may call a time-out in a set at any time.
- The time-out will be allowed when a ball is dead.
- Referee/umpire may call an official/technical time-out if required.
- All time-outs that are requested last for 1 minute.
- After each set, the teams change courts, except for the deciding set. All intervals between sets shall last three (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 five (5) minute warm-up period at the net.
- If either captain requests separate official warm-ups at the net, the teams will be allowed two (2) minutes each.
- Players not in play may warm-up during:
  - Play without balls in the warm-up areas.
  - Time-outs in the free zone behind their court.
  - Set breaks in the free zone with balls behind the court.

## Coaching

- Only two (2) coaches are allowed per team to be on the bench area per team.
- 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) one (1) minute time-outs allotted per team per set, and during the three (2) minute interval break between sets.
- If 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 takes time-outs.
- 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 give 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.
- Under no circumstances can coaching be provided when the ball is in play. This will result (1) in a warning (2) a point to the opposing team and (3) removal of the offender from the facility. This is accumulated throughout the tournament.

## Illness, Injury, and Bleeding

- 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) minute time-out during a set or substitute the player who is ill.
- This includes conditions such as a cramp, nausea, shortness of breath and/or 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 shall 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 the one (1) one minute time-out allowed during a set for recovery.
- If the referee deems the injury to be genuine and the injured/ill player cannot be substituted legally, the player shall be given a three (2) minute recovery time, but not more than once for the same player in the match.
- After the three (2) minute recovery time, if the player does not recover, the team may request a legal time-out during the match of one (1) minute. If the player still has not recovered, the team is then declared incomplete if the team has no more substitutions.
- 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.
- Whenever bleeding occurs, the bleeding must be stopped before the player can continue.
- Play shall be suspended immediately lasting not more than three (2) minutes 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 her uniform.
- Bloodstained clothing must be replaced.