

WORLD THROWBALL FEDERATION



RULES & REGULATIONS

THE GAME
THE GAME

THROWBALL

PREFACE

The basic and general idea of these guidelines is to standardize the interpretation of the rules to offer regulations for a proper conduct of the referees before, during and after the game.

The main contents of this interpretation are binding upon all member federations, characteristics are possible to country specific, but must be added in the appendix of this folder.

This folder can be downloaded from the WTF homepage and it is based on the rules which were settled in April, 2011.

All the information will be highly useful to students, teachers, teacher in training, teacher trainers and also is useful for coaches and players.

Blue	=	Number
Red	=	Text
Green	=	Explanation

TERMINOLOGIES – THROWBALL GAME

S. NO.	TERMS	EXPLANATIONS
1.	Ball Carry	Ball lifted palm facing upwards.
2.	Body Touch	Ball contact on body.
3.	Clash	Catch the ball simultaneously by more than one player.
4.	Dead Ball	After point side out of other decisions temporarily suspending the game.
5.	Delay	Ball holds for more than 3 seconds.
6.	Double Contact/Touch	Ball touching a player two times or rolling along a part of his body.
7.	Double Foul	Players on opposing sides fouling simultaneously.
8.	Foul Throw	Below the shoulder level.
9.	Good	Ball striking ground in court.
10.	Juggling	Ball slipping in hands at the time of receiving.
11.	Jump Service	No foot contact.
12.	Line Crossing	Box Zone Line crossing.
13.	Line Touch	At the time of service server touches end lines.
14.	Movement	Stepping more than one step.
15.	Net Service	Service touching net.
16.	Out	Ball falling outside the court.
17.	Out of bounds	Service passing outside side net markers or touching the antenna.
18.	Point	Scoring.
19.	Service	To start play.
20.	Side Out	Change of service.
21.	Shifting	Player shifting the ball from right side to left side or left side to right side.
22.	Shooting	Not releasing the ball in one course of action.
23.	Time Out	Allowable pause for rest.
24.	Under Net	Crossing under net contrary to rules.
25.	Wrist touch	For Throwing the ball taking holding with wrist support.

THROWBALL: RULES & REGULATIONS

PART – A	Ground and Equipment
PART – B	Teams (National / International Level)
PART – C	Uniform of the Players
PART – D	The Game
PART – E	Fouls
PART – F	Scoring
PART – G	Substitutions
PART – H	Time Out
PART – I	Mis-Conduct
PART – J	Punishment
PART – K	Protest
PART – L	Match Officials
PART – M	Duties of the Referee
PART – N	Duties of the Umpire
PART – O	Duties of the Scorer and Assistant Scorer
PART – P	Duties of the Lines men
PART – Q	Kit of the Players
PART – R	Uniform of Match Officials
PART – S	Abandoned of the Match
PART – T	Referee's Board

COMMITTEE'S AND DELEGATES

The W.T.F. shall have the following committees:

Appendix –A	Finance Committee
Appendix –B	Disciplinary Committee
Appendix –C	Appeals Committee
Appendix –D	International Technical Committee
Appendix –E	International Promotion Committee

THE RULES

PART - A. GROUND AND EQUIPMENT:

A-1.1 Play Field

The play field means that portion which measures.

- a) **Senior** - 18.30 mts. x 12.20 mts. (Fig. I)
- b) **Junior** - 18.30 mts. x 12.20 mts. (Fig. I)
- c) **Sub-Junior** - 15.30 mts. x 9.20 mts. (Fig. II)

A-1.2 Boundary:

The lines of all the four sides of the play field are known as the boundaries AB, BC, CD and DA. All the lines will be maximum of 5 cms. thick and form the part of the play field.

A-1.3 End Line:

The parallel line marked, measuring 12.20 mts. is end line that is AB & CE (Fig. I) for Seniors and Juniors. And 9.20 mts. (Fig. II) for Sub-Juniors.

A-1.4 Service Area:

End line of this court, i.e. anywhere from Line AB or CD of of their respective court.

A-1.5 Box Line, Box Zone:

Box line shall be marked 1 meter each side of the court from the Centre of the court, no need to mark centre line. The area between both the box lines is called Box Zone.

A-1.6 Substitute Area:

It is near to pole & away from the side line.

A-1.7 Substitution Bench:

It is between the end line & substitute area measuring 1mtr. x 2 mts.

A-1.8 Free Zone Area:

There shall be 3 mts. Free Zone Area all around the boundaries of the play field. (Fig. I & II).

PART - B. TEAM'S NATIONAL / INTERNATIONAL LEVEL:

B-2. AGE CATEGORY:

- 2.1 - a. Senior : Men and Women of All Ages.**
- 2.1 - b. Junior : Boys and Girls below 19 years of age on the last day of the year, i. e. 31st December.**
- 2.1 - c. Sub Junior: Boys and Girls shall be below 15 Years of age on the last day of the year, i.e. 31st December.**

B-2.2

2.2.1 - a. For All India / Federation Cup Tournaments / National Championships a team shall consists of 9 players and 3 substitutions.

2.2.2 - b. A team shall consist of 9 players as playing members - 6 reserve players as substitute for International / World Cup / World Championships.

B-2.3

A match shall not consider valid if there are less than 7 players in either side of the team.

B-2.4

Substitute players must be in the team of 12 players and allowed to sit in the extra player's box.

B-2.5

To start a game at least 7 players must be in the court and remaining can join the play later with the permission of the referee.

B-2.6

Any player can substitute among 12 players at any time during the play.

B-2.7

Maximum 3 substitutions are permitted per team per set.

B-2.8

Name of the players should be entered in the score sheet before the commencement of the match. Only players

whose name have been entered in the score sheet are eligible to play or as per substitution list.

B-2.9

All the participating players must follow the rules and regulations of the World Throwball Federation.

B-2.10

A player violating the sportsmanship or rules and regulations, it will be taken seriously on the report submitted by the referee and the matter will be dealt under rule of Part K.

PART- C. UNIFORM OF THE PLAYERS

C-3.1

Player must wear proper uniform bearing chest number from 1to 12 numbers at District / State / All India / Federation Cup Tournaments / National Championships.

C-3.2

Player must wear proper uniform bearing chest number from 1to 12 numbers at National level and 1 to 15 numbers for International Tournament / World Championships.

PART- D. THE GAME.

D-4.1

The team wins the toss shall have the choice of the court or start with service.

D-4.2

There shall be 9 players in each side and must stand in the order of position in the line as per standing order mentioned below:

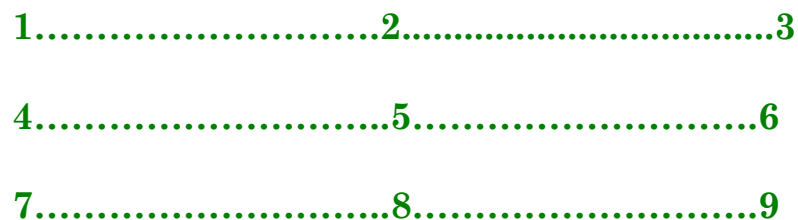


Fig. - III.

After the starting of the game, the same rotation position must be maintained throughout the set. The position may change or alter for any subsequent set and must be informed to referee and scorer.

D-4.3

The rotation of the position of players should be in Z form i.e. after the service change the player standing in No. 9 position will go to No. 1 position, No. 1 go to No. 2 to No. 3 position and so on.

D-4.4

After the set ends, service must be taken by a team of the opposite side of the team who started the set.

D-4.5

The player standing in position No. 9 shall make the position to serve the ball from outside the end line.

D-4.6

A player should serve the ball by palm within 5 seconds after the whistle blown of the referee without touching the end line.

D-4.7

The server should not enter the court just after the service before ball crosses the net.

D-4.8

The ball shall be served using the palm and ball should not touch any part of the body, by using any of the skill above the shoulder level in one course of action.

D-4.9

The player should serve or throw the ball to the opponent's court in any one hand.

D-4.10

A player should serve or throw the ball by using the antenna limit during the service or in play.

D-4.11

The ball must be thrown by the player above the shoulder level only. Player receiving the ball above hip level should

bring it to shoulder level and throw in course of one action only. While receiving the ball palm should face upward position.

D-4.12

A player can't take more than one step in a position. A player after receiving the ball is permitted only one step forward or backward after the jump.

D-4.13

A player may catch the ball with both hands but should return the ball with one hand without touching any part of the body.

D-4.14

If a ball slipped or reflected unintentionally from the hands of any one player, another player can catch the ball and return to the opposite court before the ball touches the ground. The same player cannot catch the ball for the second time.

D-4.15

A player while receiving or returning the ball to the opponent court, no part of the body should cross the box line.

D-4.16

Shifting: If a player receives or catches the ball by right or left side of the body, has to return or throw the ball to the opponent court from the same side i.e. from the receiving side, otherwise it's called shifting.

D-4.17

If a player receives or catches the ball at the centre of the body, player can shift the ball either to left or right side and throw the ball to the opponent court by one hand at one course of action only.

D-4.18

Spot jump is allowed while throwing the ball to the opponent court, after stepping jump throwing the ball is not allowed.

D-4.19

Jump service is not allowed. At the time of service one leg must be in contact with ground.

D-4.20

Throwing the ball from behind the head while serving or playing is not allowed.

D-4.21

Receiving and throwing the ball from front of the body is not allowed. Both the palm of your hands should face the net.

D-4.22

Collecting the ball from the side of the body is not allowed.

D-4.23

The elbow should be fixed fully during the service.

D-4.24

Received the ball from behind the shoulder should be played from behind itself and throwing not away from the body.

D-4.25

One leg should be compulsory firm on the ground while serving the ball.

D-4.26

At the time of service the remaining players of both the teams should stand on their own position.

D-4.27

Change of player's position is allowed once the ball is released from the servicing player hand. But player should occupy their original position once the rally is completed.

D-4.28

At the time of service carrying the ball below the hip level is not allowed.

PART - E. FOULS:

E-1.1

Juggling, Rolling, Dabbling the ball in the hand is not allowed and it will be called as doubles.

E-1.2

Dead ball: Any ball that touches the ground in the free zone box is called as Dead Ball and point will be given to opponent team.

E-1.3

Any ball that falls on the line is good whether in service or in play.

E-1.4

Body Touch: While throwing, returning or receiving the ball should not touch any part of the body.

E-1.5

Delay: A player should keep the ball not more than 3 seconds nor should rest in the hands during the game.

E-1.6

A ball rebounding or bouncing from the net can be received by another player is not a foul but if it happens intentionally then it is a foul.

E-1.7

If any obstacle, disturbance occurs while playing or serving and referee feels the same, each has to consider common to both teams and re-service shall be given.

E-1.8

The service ball touches the net and antenna will be considered as foul and side over should be given.

E-1.9

While in play the ball falls on the line including box line is considered as right ball.

E-1.10

After receiving the ball, if a player takes step forward or backward is considered as running and it is foul.

E-1.11

Clash: Catching the ball simultaneously by two or more players are clashes and if the ball is distributed then it is a foul.

E-1.12

Ball falling in Box Zone is foul.

PART - F. SCORING:

F-1.1

Each set of match consist of 15 points.

F-1.2

In the best of five sets or three sets the court must be changed at the score of eight points by any team, in the deciding set.

F-1.3

A match is won by the team that gains two sets out of three sets and three sets out of five sets, In accordance with the need of the organizing committee.

F-1.4

In case of score is 14 all, the play is continued until two points lead gained by a team.

F-1.5

After score is 16 all, the team scoring the 17th points wins the set with only one point of lead.

F-1.6

For deciding set no loss is followed and alternative service is allowed.

PART - G. SUBSTITUTIONS

G-1.1

Substitution is the act by which the referee authorizes the player to leave the court and another player to occupy the same order position.

G-1.2

Substitution must be done from the specified substitution are with the permission of the referee.

G-1.3

Maximum three Substitutions are permitted per team per set. A player can be re-substituted in the same set.

G-1.4

Substitution will be allowed when the ball is dead.

PART - H. TIME OUT

H-1.1

Each team may call for time-outs in a set at any time for rest and discussion.

H-1.2

Duration of every time out will be of 30 seconds.

H-1.3

Coach may call for time out. In the absence of coach, captain may call for it.

H-1.4

To demand time out authorized person {as per rule H-1.3} showing signal to the referee then referee will allow for time out.

H-1.5

During the time out players are not allowed to leave the ground without permission of the referee.

H-1.6

Referee may call official/technical time out if required.

H-1.7

The time out will be allowed when the ball is dead.

PART - I. MIS-CONDUCT

I-1.1

Persistently, address the officials in regard to the decision.

I.1.2

To makes the derogatory remarks about the officials.

I.1.3

Making derogatory or unpleasant action leads to influence their decision.

I.1.4

Make personal or derogatory remarks to the opponents.

I.1.5

Point-out by a player for demand decisions to the Referee or Umpire.

I.1.6

No coaching from outside should be given by the coaches, players and other officials.

I.1.7

Leaving the court without permission of the referee, umpire during the play except between the sets, during the time-out is considered as mis-conduct or disobeys rules and regulations of the game.

I.1.8

Doping (drugs) by player and officials will not be permitted and will not be allowed to take part in the matches and tournaments also.

I.1.9

No player shall instruct in the course of play except the captain, who may speak to his player in the court only.

I.1.10

Player shall not disturb other player by unnecessary shouting during the play.

I.1.11

Rule violating tackling, uneven jumping leading to injuries to the opponent players and officials.

I.1.12

Deliberate coaching during the game by team mates from outside of the court is not allowed.

PART - J. PUNISHMENT:

J.1.1

If any kind of misconduct as mentioned under rule of *PART - I* is exhibited by managers, coaches and players shall be punished as under:

J.1.1-a Will be debarred from the set, match or tournament.

J.1.1-b Players and officials may be banned to participate for unlimited period.

J.1.1-c During the set / game if mis-conduct occurs by officials and players, referee will deal the matter by showing yellow and red card as he deems applicable.

J.1.1-d Yellow Card: Participant / s that are violating the rules and mis-conducts, during the game shall be warned with the yellow card as warning.

J.1.1-e Red Card: Participant(s) who is committing the mistake repeatedly, violating the rule *Part - I*

and exhibit any type of mis-behavior which is beyond the bye laws and not tolerable will be shown red card and will not be allowed to participate in same match and also for another one official match next to this one.

J.1.2

While cross violation of sportsmanship the referee has the power to warn, declare technical point to the opponent team or disqualify from particular set or the match.

PART - K. PROTEST:

K.1.1

No protest will be entertained on referee's decision.

K.1.2

Protest will be referred to the technical committee if there are other factors, a protest will be accepted when lodged by the manager, coach or captain of the team within an hour after the game with a fee prescribed by the organizer.

K.1.3

The protest fee is not refundable in any case.

PART - L. MATCH OFFICIALS:

There shall be six match officials as one referee, one umpire, two lines man, one scorer and one assistant scorer. The chief referee will depute the officials for every match.

PART - M. DUTIES OF THE REFEREE:

M.1.1

Referee shall be solely responsible for conducting the match with assistance from other officials.

M.1.2

Checkup with the help of other match officials before commencement of the match, about the condition of the ground, poles, nets etc. and observe all players or participants of that particular match.

M.1.3

Referee shall call both captains for toss of the coin and decide the service side or the court as per decision of the toss winning captain.

M.1.4

Giving signal according to the fouls.

M.1.5

Announce the substitutions and replacement of players.

M.1.6

Declare the match result.

M.1.7

Announce the time-out taken by the team.

M.1.8

Give decision according to the Rules of play till the game ends.

M.1.9

The referee will deal all disputes during the course of the game.

PART - N. DUTIES OF THE UMPIRE:

N.1.1

Umpire will assist the referee. The decision of referee will be final.

N.1.2

Check up the rotation order at start and during the play.

N.1.3

Check up the chest numbers and observe the rotation orders, if rotation is not followed, umpire should inform the referee.

N.1.4

Umpire shall conduct the match and give assistance to the referee according to the Rules of the play till the game is over.

N.1.5

Umpire shall also observe the ball in or out on the respective side line(s).

N.1.6

Umpire can also give signal for time-out and substitution.

PART - O. DUTIES OF THE SCORER AND ASSISTANT SCORER:

O.1.1

The scorer should check the score sheet and ensure the entry of the name of players with the chest numbers.

O.1.2

All the points scored should be announced and enter in their respective side on the score sheet.

O.1.3

Complete the score sheet and get it duly signed by the captain, Referee and Umpire.

O.1.4

Time-out, substitution warning and punishment exercised by the Referee clearly entered in the score sheet.

O.1.5

Keep and note in the score sheet at beginning and the end time-outs, substitutes, the team scoring the first points in the game, extra points awarded by the Referee.

O.1.6

Assistant scorer will assist the scorer in all scorers' duties.

PART - P. DUTIES OF THE LINES MEN:

P.1.1

There will be two lines men in a match.

P.1.2

The lines men on each end of the court shall observe the ball in or out of the respective end lines and side lines of the field. Only if the referee needs they can indicate their observations.

PART - Q. KIT OF THE PLAYERS:

Q.1.1

The players shall wear a jersey, half pant or skirt and sports shoes (little without heels) in rubber or leather. It is forbidden player to wear headgear or any articles like jewels, pins etc. and all metallic objects which cause injury during the play.

PART - R. UNIFORM OF MATCH OFFICIALS:

R.1.1

All the match officials must wear uniform as prescribed by the World Throwball Federation during the official game.

PART - S. ABANDONED OF THE MATCH:

S.1.1

Incase of failure of light heavy rains or any natural calamities or disturbances in such cases if a match may not be completed, after three hours such match shall be re-played.

S.1.2

Replayed match shall be started from the love all points. The replayed match will be considered as fresh match.

S.1.3

The temporary suspended set shall be continued with the same score.

S.1.4

The temporarily suspension period shall not exceed more than three hours.

S.1.5

During the temporary suspension the player will not leave their respective court without the permission of the Referee.

S.1.6

Before executing the decision the referee must consult with the organizing committee, technical committee.

S.1.7

Same match officials will supervise the abandoned match.

S.1.8

Same players should play the abandoned match.

S.1.9

In case same match officials are not available to supervise the abandoned match due to any reason the Chief Referee or the Referees' Board have the power to change and depute another officials.

PART - T. REFEREE'S BOARD:

T.1.1

1.1.a NATIONAL LEVEL

Referee's Board will be formed by the National Throwball Federation as per the directives of World Throwball Federation. It consists of One Chairman and Four Members with Secretary General as an Ex-Officio Member. The Board will keep the panel of Referees up-to-date. Referee's Board will depute officials and a Chief Referee for the particular tournament. The Referee's Board will conduct Referee's Clinic and Examination in two parts: (i) Theory and (ii) Practical. It should be conducted with the permission of National Federation as an when required.

T.1.1.b INTERNATIONAL LEVEL

The member affiliated National Federations will form the International Referees Board. The Grade 'A' Referees from the members of the affiliated National Federations are qualified for Officiating International Tournaments/World Championships. The World Throwball Federation - Referee's Board will organize "Refresher Courses with a written examination followed by a practical skill and officiating test. For successful probable's who are entitled to get the Refresher Certificate and an Official Identity Document (I.D.) to be as a qualified "International Referees".

T.1.1.c CATEGORY OF REFEREES'

There will be three types of referee according to their qualification and place under the following Grades:

T.1.1. c.1 Grade - A: National and International matches;

T.1.1.c.2 Grade - B: State and University level matches;

T.1.1.c.3 Grade - C: District and below district level matches.