

THROWBALL FEDERATION OF INDIA

THROWBALL



RULE MANUAL
SESSION 2025 - 2029



RULE BOOK

(The Official Documents of Throwball Federation of India)

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THROWBALL RULE BOOK

SECTION I

FACILITIES AND EQUIPMENT

PLAYING AREA AND DIMENSIONS

The playing area includes the playing court and the free zone. It shall be rectangular and symmetrical.

DIMENSIONS

- a) Seniors, Youth & Juniors : Length 18.30m x Width 12.20m
 - b) Sub Juniors & Mini : Length 15.30m x Width 09.20m
- (Ref. Annexure : Court Dimensions.)

HEIGHT OF THE NET

The height of the net shall be measured from the ground surface to top of the net.

- a) Men & Women (Seniors) : 2.30m
- b) Youth : 2.30m
- c) Boys & Girls (Juniors) : 2.20m
- d) Boys & Girls (Sub-Juniors) : 2.00m
- e) Mini : 2.00m

PLAYING SURFACE

The surface shall be flat, plane and even. It should not cause any danger to the players. It is not permissible to play on rough or slippery surfaces. On indoor courts the surface of the playing court must be of a contrasting colour. Further for Outdoor Throwball Events the surface shall be made up of Hard soil (Hard Court), Natural Grass (non-slippery), Poly Grass or any other surface which is not injurious to players. For indoor Events the Surface shall be of Wooded or any other surface which is not injurious to play.

During ITF and Official Competitions, contrast colours are required for the lines, colours, different from each other, are required for the playing court and the free zone.

LINES ON THE COURT

Borderlines and Line Thickness : Two side lines and two end lines mark the playing court. Both side lines and end lines are drawn inside the dimensions of the playing court. All the lines shall be marked with 5 cm width and shall form the part of the playing area.

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ZONES AND AREAS

- a) **Box/Neutral Zone:** Both the sidelines starting from the center line parallel on either side at a distance of 1.5 mts parallel to each other shall constitute the box. For sub juniors it is 1.0 mts.
- b) **Court Zones:** On either side of the court, the playing area is divided into three equal zones in between the end lines and the box line. They shall be marked with dotted lines with 50 cms line and 30 cms space alternatively with any other colour than that of the boundary of the playing surface/court.
- a) **Seniors/Youth/Juniors :**
- Front Zone : From Neutral zone to start of Center Zone : 2.55 mts
- Center Zone : From Front zone to start of Back Zone : 2.55 mts
- Back Zone : From Center zone to End Line : 2.55 mts
- b) **Sub-Juniors/Mini :**
- Front Zone : From Neutral zone to start of Center Zone : 2.22 mts
- Center Zone : From Front zone to start of Back Zone : 2.22 mts
- Back Zone : From Center zone to End Line : 2.21 mts
- c) **Service Area:** The parallel area away from the end line on either sides of the court, covering half of the playing area on right side shall be the service area. It should be marked with the dotted lines of 5 cms thickness at the gap of 30 cms from the end-line up to the Free-zone line.
- d) **Free Zone:** There shall be 3m Free-Zone all-round the playing area. Nobody shall be allowed to enter in this area except substitute players. For all International Competitions the Free Zone shall be 5 mts around the court.

TEMPERATURE

- a) The minimum temperature shall not be below 15C for all competitions up to national level.
- b) For ITF and International Competitions, the maximum temperature shall not be higher than 32C and the minimum temperature not lower than 20C.

LIGHTING

- a) For ITF Official Competitions, the lighting on the playing area should be 1000 to 1500 lux measured at a minimum of 6 meters from the surface of the playing area.
- b) The lights should not be focused on the opposite side of the players while in play; i.e. it should not be focused from the end lines rather should be focused from the side line area.

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POLES/ POSTS

- a) The diameter of the each pole shall be 10 cm
- b) The total length of the pole shall be 3.00 m
- c) The poles shall be made up of metal and shall be painted white

- d) The poles shall be fixed exactly on the centre of the side line at the distance of 45 cm away from the sidelines on either side of the court.
- e) There shall be pulleys at the top of the pole facing on either side.
- f) The Pole shall be adjustable in nature, to maintain accuracy of the height of the net.
- g) For all ITF Official Competitions, the posts supporting the net are placed at a distance of 1 m outside the side lines.

NET AND ANTENNA

- a) The net shall be made up of either cotton or nylon.
- b) The length of the net shall be 12.50 mts for Seniors/Youth/Juniors groups.
- c) The length of the net shall be 9.50 mts for Sub-Juniors/Mini groups.
- d) The width of the net shall be 1.00m.
- e) Size of each mesh of the net shall be 10x10 cm.
- f) At its top a horizontal band, 7 cm wide, made of two-fold white canvas, is sewn along its full length. Each extreme end of the band has a hole, through which passes a cord, fastening the band to the posts for keeping its top tight.
- g) Within the band, a flexible cable fastens the net to the posts and keeps its top tight an iron/metal chord is preferable.
- h) Two antennas shall be fixed along with the white ribbon (5 cm width) on both sidelines.
- i) Antenna should be 1.80m in length and 10 mm thickness. It can be made up of hollow plastic or aluminum, painted white and red colour with 10 cm alternatively.

ANTENNA

- a) An antenna is a flexible rod, 1.80m long and 10 mm in diameter, made of fiber glass or similar material. An antenna is fastened at the outer edge of each side band. The antennas are placed on opposite sides of the net.
- b) The top 80 cm of each antenna extends above the net and is marked with 10 cm stripes of contrasting colour, preferably red and white.

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- c) Antenna should be 1.80 m in length and 10 mm thickness. It can be made up of hollow plastic or aluminum, painted white and red colour with 10 cm alternatively.
- d) The antenna are considered as part of the net and laterally delimit the crossing space.

SIDE BANDS

- a) Two white bands are clipped vertically to the net and placed directly above each side line.
- b) They are 5 cm wide and 1 m long on the both side and are considered as part of the net.

BALL (Throwball)

- a) The ball shall be spherical in shape with lemon yellow colour and dark green stripes.
- b) The ball shall be made up of synthetic leather.
- c) The size of the ball shall measure (when inflated) 70 cm circumference.
- d) The weight of the ball shall be 450 gms +/- 10 gms
- e) The ball recognized by ITF and marked so shall only be used during the matches.
- f) The pressure of the ball shall be equal to 0.6-1.1 atmosphere (=600 -1, 100g/cm²) at Sea level.
- g) The size of the ball for sub juniors & mini shall be the same till amended.
- h) The technical committee from time to time shall decide about approved materials. Any approved material shall be certified as such by the technical committee of ITF.

UNIFORMITY OF BALLS

All balls used in a match must have the same standards regarding circumference, weight, pressure, type, colour etc. ITF Official Competitions, as well as National or League Championships, must be played with ITF approved balls. For Official Competitions there shall be a minimum of 3 balls used for each match and there shall be three ball retrievers, of whom one each shall be positioned behind the service zone and one behind the Umpire (near the scorer).

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SECTION 2

TEAM COMPOSITION

AGE GROUP AND RELATED COMPETITIONS

- a) Senior Championships : No Age Restriction
- b) Youth Championships : Below 21 years (Men & Women)
- c) Junior Championships : Below 18 years (Boys and Girls)
- d) Sub-Junior Championships : Below 16 years (Boys and Girls)
- e) Mini Championships : Below 14 years (Boys and Girls)

2.1. A. PUNISHMENT FOR OVER- AGE AND PRODUCING FALSE DATE OF BIRTH

It is mandatory to submit the Original Date of Birth Certificate issued by government bodies, for all age-group associated competitions. Teams found guilty for encouraging over-age players or producing false date of birth certificates in age group related competitions shall be charged seriously and the consequences shall be:

- a) The particular player shall be debarred for two years from all levels of competitions.
- b) The team consisting of such fraudulent player/players shall be restricted from competing in that particular competition.
- c) If the players competing in approved competitions and proved during play shall also be debarred immediately and the team shall be scratched out from the competition.
- d) Any other decision with regarding to this shall be taken by the Federation.

THE TEAM

- a) The team shall consist of a maximum of 15 players. The playing team shall comprise only seven players during play. However substitution up to a maximum of 5 players from the list of 15 members is allowed. But at no point of time the playing team shall exceed 7 members. Further each team may include one coach, one manager and one doctor.
- b) A match considered invalid, if there are less than 7 players in either side of the team, except during time when red card is imposed during the game.

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- c) Names of the players entered in the score sheet before the commencement of the match, shall only be eligible to play in the match. The Captain and the Coach shall sign the score sheet prior to the commencement of the match.
- d) Players are forbidden to wear any kind of plastic/metallic articles which can cause injuries to the players.
- e) For National level competitions the concerned national federations may decide upon the team composition ranging between 12 to 15.

2.2. A LOCATION OF THE TEAM

- a) The players not in play should sit in their team bench. The coach and other team members shall sit on the bench.
- b) Only those names listed in the Score sheet are authorized to occupy the bench in the competition area (Court).
- c) The benches for the teams and located beside the scorer's table, outside the free zone. During time-outs and technical time-outs, the active players shall leave the playing surface and go to the free zone.

PLAYERS POSITION

- a) The position of the players in the court shall be as follows:



- b) The player standing in position 7 shall make the position to serve the ball.
- c) The rotation of the position of the players should be in Z fashion moving to the right from position 1.
- d) Players shall wear the proper uniform numbered 1 to 15 and numbers shall be clearly visible on both front & back

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PLAYERS UNIFORM

- a) All players should wear solitary coloured uniform including T-shirt/Jersey and shorts.
- b) The Jersey should be designed in such a way that the arm-sleeves but come into contact with the ball at any point of time.
- c) The shorts should be designed in such a way that they are not stretched below the knee level.
- d) All players should wear suitable sports shoes.
- e) It is mandatory to wear Jersey & Shorts for both Men & Women (also boys & girls).
- f) Each team should bear the bib/Jersey numbers from 01 to 99 only. Size of the bib number should be 5x10 cm in the front and 10x20 cm at the back.
- g) Bib number 0, 00 or any alphabets, shall not be permitted.
- h) The numbers in each team should be sequenced in such a way that they are not repeated among the team members.
- i) The captain of the team for each match shall be pinned with distinguished coloured ribbon-strip/band on the shoulder.
- j) The Jersey numbers of the players shall be same for the entire tournament/championship.

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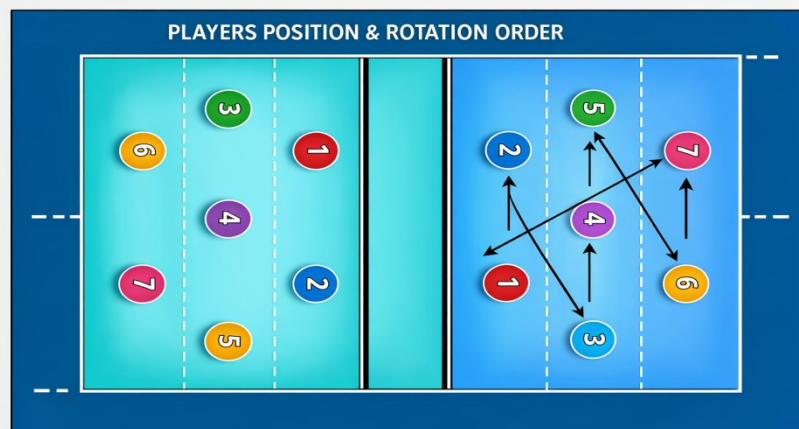
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SECTION 3

THE THROWBALL GAME

START OF PLAY-PLAYER'S POSITION AND ROTATION

- a) Choice of the court of service shall be decided by the Referee by tossing the coin before the play commences. Soon after the team-captain winning the toss shall decide upon choosing service or court and shall inform the same to the Referee.
- b) Players in their respective sides of the court shall take the proper positions in order as mentioned below in diagram.
- c) The names of the playing seven and their rotation order should be submitted 30 minutes before the start of the match. For international competitions it shall be submitted 45 minutes in advance.
- d) Soon after the referee blows the whistle the play starts.
- e) Rotation position order of the players shall be maintained throughout the set.
- f) Rotation position order of the players can be changed for any subsequent sets informing the umpire.
- g) However in the deciding set, there shall not be change in the position order of the players-when they change the court at 13th point.
- h) During the service, players shall be in their respective positions. If any player of receiving team is not in the respective position, then the serving team will be awarded a point. If the player of serving team is not in respective position, the team will lose service, however in case players of both the teams are not in respective position a common ball may be given.
- i) Further, till the action of the service is completed the players should also maintain their zone positions 2-3-2 or else shall lose a point.
- j) During the play, if there is any natural/unforeseen disturbance that takes place, it will be considered as common ball and re-service shall be given.



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SERVICE

- a) The course of service starts from the time the referee has singled to serve and ends with the ball being released from the hand of the player, serving the ball.
- b) The ball should be served using palm of any one hand from above the shoulder level in one course of action. If ball is served below the shoulder level, it is considered as foul.
- c) Player shall serve the ball within 5 seconds soon after blowing the whistle from within the service area, without touching or crossing the end line of the playing area.
- d) Any player serving the ball before the referee's whistle shall be considered as foul and a yellow card shall be shown for the first time and for similar sort of fouls subsequently made by the same team then the point shall be awarded to the opponent team.
- e) The service ball touching the net/antenna shall not be permitted and side change is to be given.
- f) The service ball shall be returned by only one player of the opponent team and the second touch is not allowed.
- g) The service ball falling on all lines of the playing area shall be considered a good ball, except box line.
- h) If the server takes more than 5 seconds to serve then it results in delay and shall lose the service and a point to opponent should be given.
- i) If a service happens due to an account of wrong rotation, then the serving team shall lose the service and the opponent shall be awarded with a point and service.

BALL IN OR OUT

- a) Any ball during play, falling on any line of the playing area is a good ball except the neutral zone line/box line.
- b) Any ball during play that falls into the neutral box/on the box line is considered as a dead ball and the team that committed such foul, shall end-up losing a point and service.
- c) Any ball during play that falls on the ground outside the playing area, with or without touching the players is considered as out ball.
- d) Any ball touching the antenna is out ball.
- e) The ball touching the net during rally shall be permitted and the rally shall continue.

BALL IN PLAY

- a) A player shall not take more than one step to return the ball, if so it is called as movement and is not permitted.
- b) A player shall receive the ball with both hands and shall return the ball with only one hand. If not so, it is called as both hands throw and is not permitted.

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- c) A player must have his contact with the ground while receiving the ball. A player jumping and receiving/holding the ball in the air is not permitted and it is given foul.
- d) Any player during the play shall not touch the box line.
- e) A ball in rally (except service ball) if slipped or dropped by a player (not deliberately) before touching the ground in the court can be handled by any one of the team male and can return it to the opposite court.
- f) Ball shall be thrown by the player above the shoulder level only. Player receiving the ball at any level above the trunk, should bring it to the shoulder level and then should be released within three seconds in one course of action. Otherwise it is considered as through below the shoulder and foul.

BALL HANDLING

A. Catching the ball: Holding the ball simultaneously by both the hands family is permitted. Player shall receive the ball firmly, only above the trunk level and below the upperpart of the head. The players shall not receive the ball below the trunk level.

B. Improper Catching

- i. If a player catches the ball below the trunk or above the head.
- ii. Holding the ball in one hand and then talking the support from the other hand.
- iii. Catching the ball without having at-least one leg in contact with the ground.
- iv. Catching in one hand and throwing back.
- v. At the time of catching, the ball touching to any other part of the body apartfrom the palm.
- vi. Even after catching correctly, if the ball is in movement within palms before releasing, then it shall result in improper catching.

C. Release of the ball during rally:

- a) The player should throw (release) the ball above the Shoulder level in one course of action within 3 seconds after catching the ball with contact of the ground of with jumping action.
- b) At time of release the ball should not touch the fore arm or the jersey or the head/hair, if so such player/team shall lose the point and service.

D. Tapping/ Pushing :

Tapping or Pushing of the ball deliberately by the players shall not be permitted.

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E. Body Touch:

While throwing, the ball shall not touch any part of the body except the palm. If so, amounts to body touch.

F. Shifting:

- a) The player shall throw the ball from the same side on which he/she receives the ball. The side change, from right to left or left to right shall not be permitted, and if so is called shifting.
- b) If the ball is caught in an exact centre position of the body, then it may be released on either of the hands, but the position of the ball is important. The position of the ball shall be decided with the position/line of the nose.

G. Delay:

Any player during the play shall not retain the ball for more than 3 seconds. Receiving and returning of the ball by the player, shall be one course of action and should be completed within 3 seconds, otherwise if causes delay. 3 seconds may be decided by counting 1001, 1002 and 1003.

H. Clash:

- a) Pulling or catching the ball by two or more players simultaneously shall not be permitted and is called as Clash.
- b) In a situation where the ball is clearly caught by one player, even in though two players had collided, such ball shall be considered good if there were no other illegalities.

SCORING

- i. All matches shall be played for best of five sets for both men and for women.
- ii. However the concerned national federation may decide over the number of sets to be played is either three (3) or five (5) prior to the competition for national level competitions.
- iii. Each set of a match shall constitute of 25 points (Rally Score)
- iv. The team winning two out of three sets/three out of five shall be declared as winners.
- v. In case of 24 points each, the play is continued until two points lead is reached, i.e., 24-26 or 25-27. When the score is 26 points each, any team scoring 27th point first shall be declared as winner.
- vi. In the deciding set (3rd/5th), after reaching 13th point by any one of the team, there shall be change of side. However position of the players shall remain same.
- vii. The scores shall be mandatorily displayed on the scorer table.

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SUBSTITUTION

- a) Substitution shall be allowed by the Umpire on the request of the Captain or Coach only.
- b) The substitution request shall be made to the Umpire only and not to the referee directly.
- c) The action of substitution shall not happen during the period of team-time-out 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 then substitution shall be permitted.
- d) Substitution shall happen in front of the scorer table, exactly in the neutral box, in which the outgoing player shall leave the court first and then the incoming player shall enter the court.
- e) Substitution is the act by which the referee authorizes the players to leave the court and another player (substitute) to occupy the position.
- f) Entering of a substitute player into the court and exit of a playing player in that position of the court should be considered as completion of one substitution.
- g) There shall be 5 substitutions permitted in a set.
- h) One or more players may be substituted at one time in a set.
- i) A player can be substituted only once in a set.
- j) In case of the substitution of a player the same player should be replaced, i.e., One-is-to-One Substitution is mandatory.
- k) However, no substitution is permitted at 7th or service position.
- l) Two minutes shall be given to an injured player to regain and commence the match, otherwise substitution shall be enforced by the referee.
- m) Substitution is not allowed for a player who is expelled from the set due to misconduct/red card.
- n) The referee shall penalize the team/captain :
 - i. If there is unnecessary delay during substitution of players.
 - ii. Illegal Substitution.
 - iii. Requesting for substitution, even when the maximum limit of substitutions is completed.
- o) Change of players in between sets shall not be considered as substitution but should be intimated to the scorer before the commencement of the fresh set.

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EXCEPTIONAL SUBSTITUTION

- a) Exceptional substitution under the limit of the rule may be permitted by the referee in case of injury of a player or if a player is unable to play due to ill condition of the health.
- b) In such case the player entering the court shall start playing from position number one i.e., left side of the front zone, but not from the position where the injured player went out. At this situation all the other players shall move one position ahead.

TIME OUT

- a) Two time outs for each team in a set shall be permitted.
- b) Duration of each time out shall be 30 seconds.
- c) During the time out, players may go to the free zone and shall not be contact with the playing area.
- d) Coach or Captain can only call for time out.
- e) Substitution of players is not permitted, during the time out.
- f) Technical time out:
 - i. Time out may be taken by the referee as per the directions of the technical committee to regularize the implementation of routine rules of the game. The maximum time limit is 5 minutes.
 - ii. Mandatory Technical Time Out shall be taken in the deciding the set, when any of the teams reach the score of 20.

DURATION BETWEEN SETS

- a) Maximum of 5 minutes shall be permitted as duration between two sets upto to 4th set.
- b) Between 4th & 5th the Maximum duration shall be 6 minutes.

DURATION BETWEEN MATCHES

- a) A team should be given minimum of 30 minutes duration in between the matches up to quarter final. (All league matches).
- b) A team should be given minimum of 45 minutes before it plays in the semifinals.

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- c) A team should be given minimum of 30 minutes, in a semifinal superleague round.
- d) A team should be given minimum of 60 minutes duration before it plays the finals.
- e) Whenever the semifinal matches are played for Best-of-five sets, then 90 minutes of duration should be given before the final of third position match.

CONDUCT

Conduct of players / coach / manager may be considered as misconduct in the following circumstances.

- a) Addressing or questioning repeatedly the officials, regarding decisions.
- b) Making unpleasant actions or movement to influence the decision.
- c) Leaving the court without informing the umpire/referee, except between the sets and during time out.
- d) Any kind of force/action to influence the decision.
- e) Team members abusing the opponents, spectators, grounds-men, Officials etc.
- f) Unsportsmanlike behavior in the court by the team members.
- g) Tampering / Damaging the playing surface or play related equipments.

PUNISHMENT

- a) If any kind of misconduct as stated under the rule, exhibited by the player, shall be warned with the yellow card by the referee.
- b) If the same player exhibits the misconduct for the second time, shall be expelled from the particular set indicating the red card by the referee.
- c) If the same player repeats any kind of misconduct for the third time, shall be expelled from the remaining part of the match indicating both yellow and red cards by the referee.
- d) In case, if players exhibit a severe unforgivable misconduct, even at once, the player shall be expelled from the entire set/match/tournament indicating yellow and red cards by the referee. However, the decision can be executed by the referee in consultation with the Technical Committee.
- e) If the Manager/Coach exhibits any kind of misconduct, shall be warned with yellow card for the first time and for the second time red card shall be shown and expelled from the team bench itself and shall be sent out to be seated in the spectator stands.

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- f) If one or more players are expelled from playing due to red card, then no substitution shall be permitted for such players for that particular set and the remaining part of the set shall be completed with left out active number of players only:
 - i. Then the position for 6 players shall be 2-2-2
 - ii. the position for 5 players shall be 2-1-2

ABANDMENT OF THE MATCH

- a) The match can be stopped by the referee in any unforeseen incidents natural calamities, disturbances and etc., for maximum of 30 minutes.
- b) In case of more than 30 minutes delay, the entire match shall be replayed.
- c) However, referee shall consult the convener/ organizing secretary/ technical committee in any such unforeseen incidences before the execution of the decision.

PROTEST

- a) A protest shall not be entertained in any case against the referee's decisions.
- b) However, the protest on the point of fact on other matters related to the game shall be entertained.
- c) Protests shall be lodged only by the manager or captain in writing within 15 minutes soon after completion of the match along with the prescribed fee.
- d) There shall be a protest fee of US Dollar 50 (to be paid to the convener of the tournament). If the protest is upheld, half of the fee will be returned otherwise the fee will not be returned.
- e) If there are any objections before the commencement of the match by either of the teams, the match shall not be stopped and played under the protest. However if a team does not turn up within the stipulated period of 15 minutes. The present opponent team shall be declared as winner of the match.
- f) Age related protests shall be received from the teams only if there are necessary & authenticated documents produced by the protesting team.

MATCH OFFICIALS

- a) There shall be six officials for a match. One referee, one umpire, two line umpires, one scorer and one assistant scorer and one observer.
- b) Referee shall be solely responsible for the smooth conduct of the match ensuring the assistance from the remaining officials and referee's decision shall be final.
- c) The observer shall control the play area including the freezone and shall report to the technical committee about the conduct of the match.

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- d) Umpire shall line up both the teams call the captain, toss the coin, decide the service side of the court and indicate the referee to commence the match.
- e) Umpire shall note the chest numbers of the players, position of the players and shall maintain and regulate the rotation order of the players. Umpire shall also observe good/out ball on the respective sidelines and can assist the referee.
- f) Scorer shall ensure the entry of the names of the players along with the chest numbers before commencement of the match. Scorer always should maintain scoring point by both the teams throughout the match. Scorer should also indicate 13th point of the deciding set to the referee for side change.
- g) Assistant scorer shall record substitution, time out and punishment or warnings exercised by the referee.
- h) Line umpires shall observe the ball in/out of the respective sides. They shall also observe line cross of the player during the service.
- i) Match convener designated by the Federation shall decide and allot the officials for every match from the available officials and also should co- ordinate to regulate and supervise all matches.
- j) Score display board may be arranged conveniently by the local organizers.

OFFICIAL UNIFORMS AND EQUIPMENTS

Officials shall act only in the specified uniform and essential equipment.

SPECIFIED UNIFORM

- | | | | |
|------|-------------------------|---|---------------------------------------|
| i. | International Officials | : | Sky Blue T-Shirt/Shirt and Black Pant |
| ii. | National Officials | : | Lemon Yellow T-Shirt and Black Pant |
| iii. | State Officials | : | Lemon Yellow T-Shirt and Black Pant |
| iv. | Local Officials | : | White and White Uniform |

SPECIFIED EQUIPMENT

- i. Every official must have one whistle; one set of indicator cards (yellow and red) a pen and a pocket diary.
- ii. Size of the card shall measure 5x8 cm
- iii. Game equipments: Official Ball, Net, Measuring tape, Antenna pipe and Ribbon and any other accessories necessary of the smooth conduct of the match/game.
- iv. Large visible board for scoring.
- v. A stopwatch is mandatory for a scorer to have a check at the situations when the match is interrupted.

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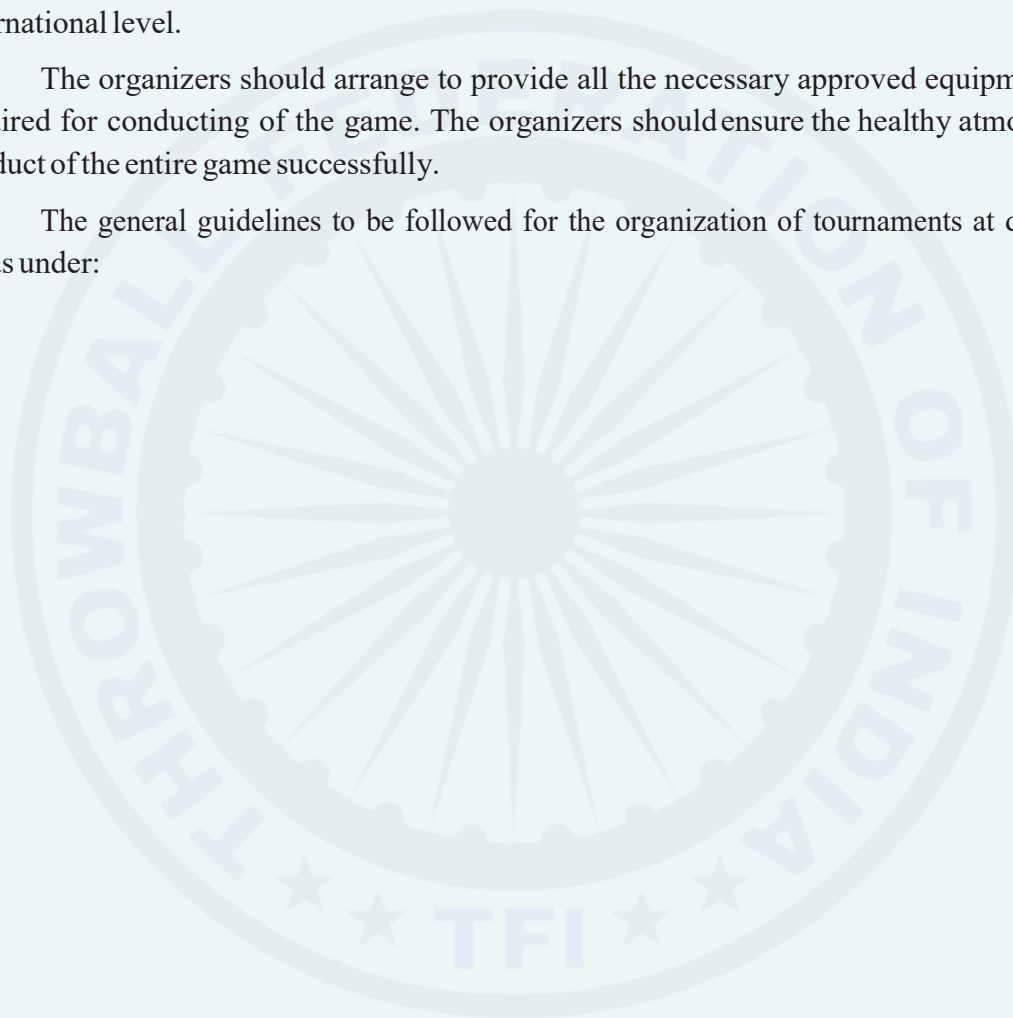
TOURNAMENT ORGANIZATION

Organization of Throwball tournament by and club/ institutions / organizations / federations at any level shall be carried out with prior permission from (a) The office of the International Throwball Federation in the case of international events; (b) The Asian Throwball Federation, at Asian level and with the approval of International Federation, (c) The Thrpwball Federation of India at National and by State Association at State level with approval, as per the provisions.

Generally, the tournaments may be organized at rural or city areas, where in the minimum facilities are available. Tournaments may be organized at regional State, National and International level.

The organizers should arrange to provide all the necessary approved equipment / materials required for conducting of the game. The organizers should ensure the healthy atmosphere for the conduct of the entire game successfully.

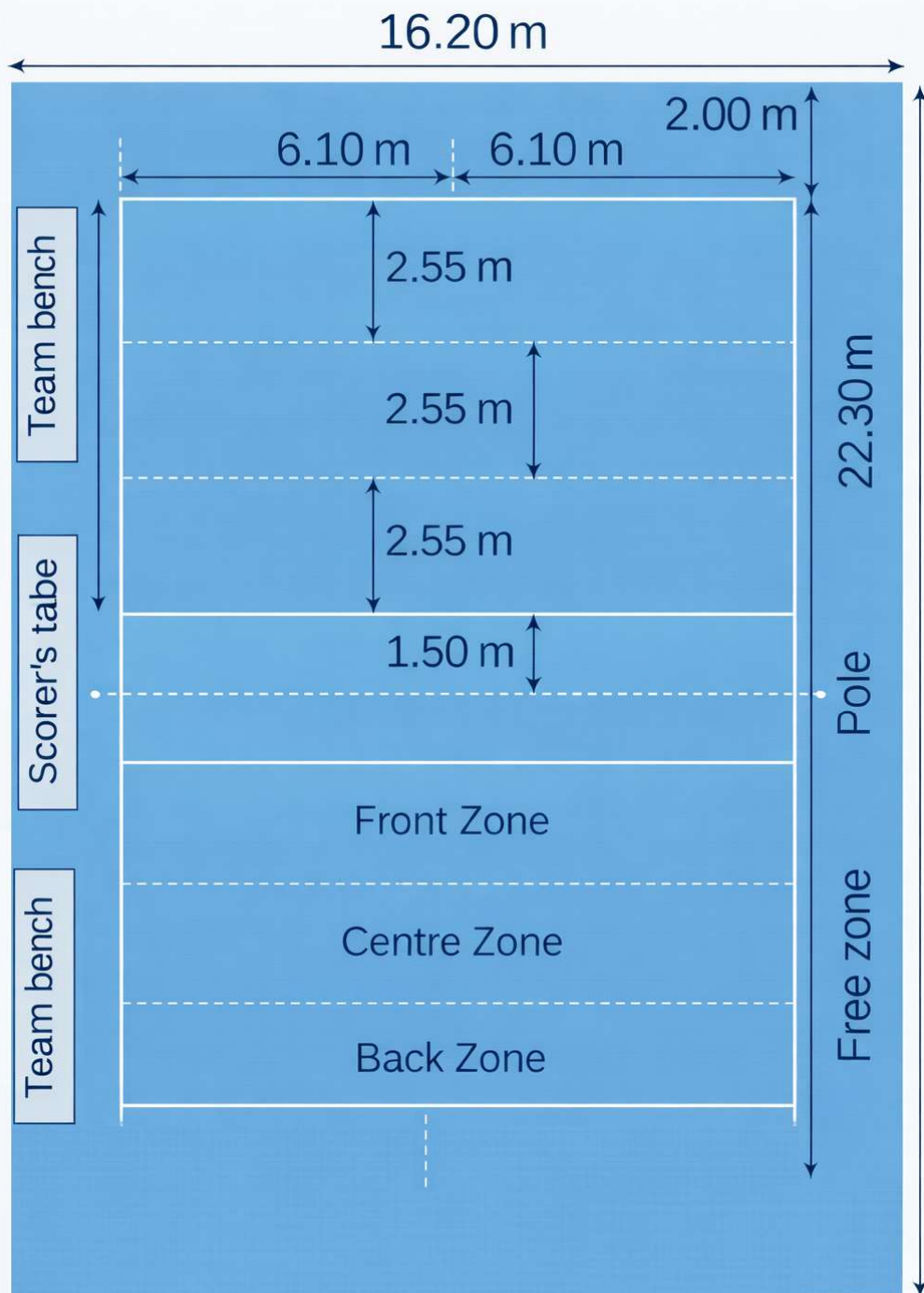
The general guidelines to be followed for the organization of tournaments at different levels are as under:



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SECTION 4 DIAGRAMS

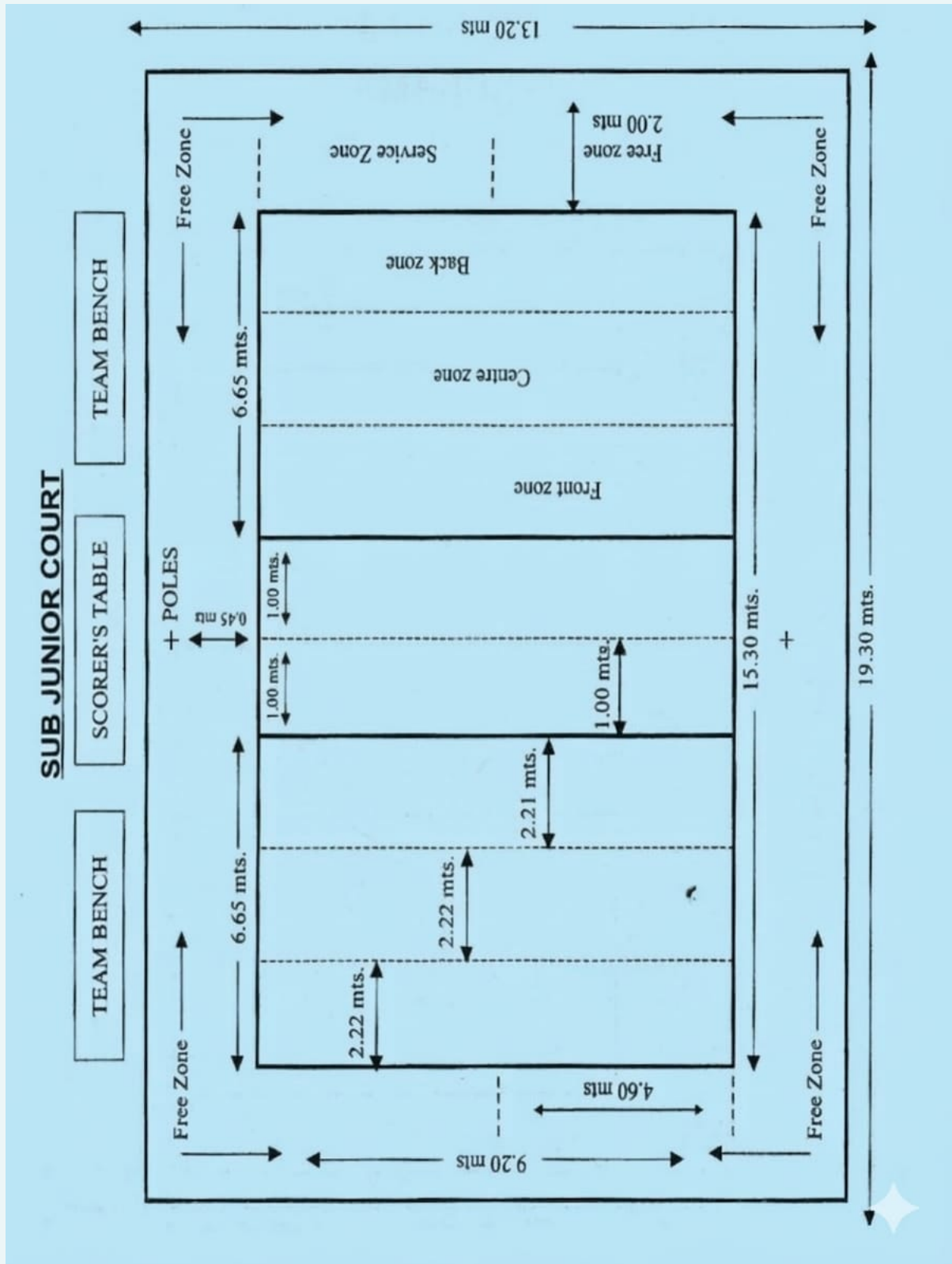
JUNIOR & SENIOR LEVEL COURT



Junior and Senior Throwball Court

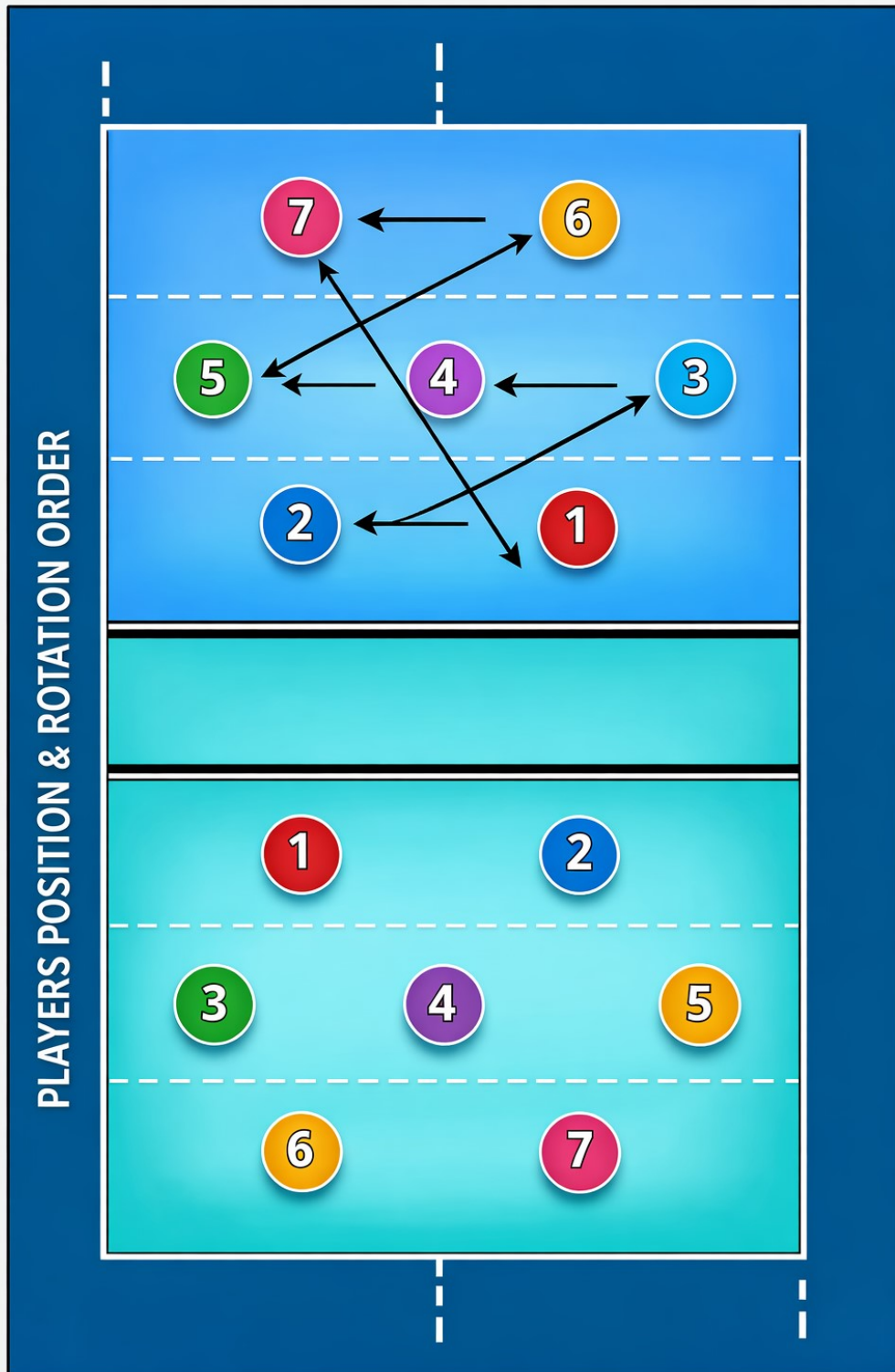
THROWBALL RULE BOOK

SUB JUNIOR COURT




THROWBALL RULE BOOK

PLAYER POSITION & ROTATION ORDER




THROWBALL RULE BOOK

SCORE SHEET



THROWBALL FEDERATION OF INDIA

(Affiliated to Asian Throwball Federation & Throwball International Federation)



VENUE :

Team(A) : VS Team(B) :

MATCH NO : COURT : SECTION :

Date : Toss Won By : Choice :- Court / Service :

Rotation (TEAM - A) :

SET-1	SET-2	SET-3

Rotation (TEAM - B) :

SET-1	SET-2	SET-3

TIME OUT

SUBSTITUTION

	IN	OUT	IN	OUT	IN	OUT	IN	OUT	IN	OUT	IN	OUT	IN	OUT
SET-1														
SET-2														
SET-3														

TEAM - A :

SL. NO	NAME	CHEST NO
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		

TEAM - B :

SL.	NAME	CHEST NO
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		

TOSS WON BY :

SET-1	1	2	3	4	5	6	7	8	9	10
	11	12	13	14	15	16	17	18	19	20
	21	22	23	24	25	26	27			
SET-2	1	2	3	4	5	6	7	8	9	10
	11	12	13	14	15	16	17	18	19	20
	21	22	23	24	25	26	27			

CHOICE : COURT / SERVICE :

SET-1	1	2	3	4	5	6	7	8	9	10
	11	12	13	14	15	16	17	18	19	20
	21	22	23	24	25	26	27			
SET-2	1	2	3	4	5	6	7	8	9	10
	11	12	13	14	15	16	17	18	19	20
	21	22	23	24	25	26	27			

TOSS WON BY :

SET-3	1	2	3	4	5	6	7	8	9	10
	11	12	13	14	15	16	17	18	19	20
	21	22	23	24	25	26	27			

CHOICE : COURT / SERVICE :

SET-1	1	2	3	4	5	6	7	8	9	10
	11	12	13	14	15	16	17	18	19	20
	21	22	23	24	25	26	27			

RESULT : MATCH WON BY : SCORE : / /

POM : REMARKS :

SIGNATURE : CAPT.(A) : CAPT.(B) :

SCORER REMARKS :

UMPIRE : SCORER : REFEREE :

THROWBALL RULE BOOK

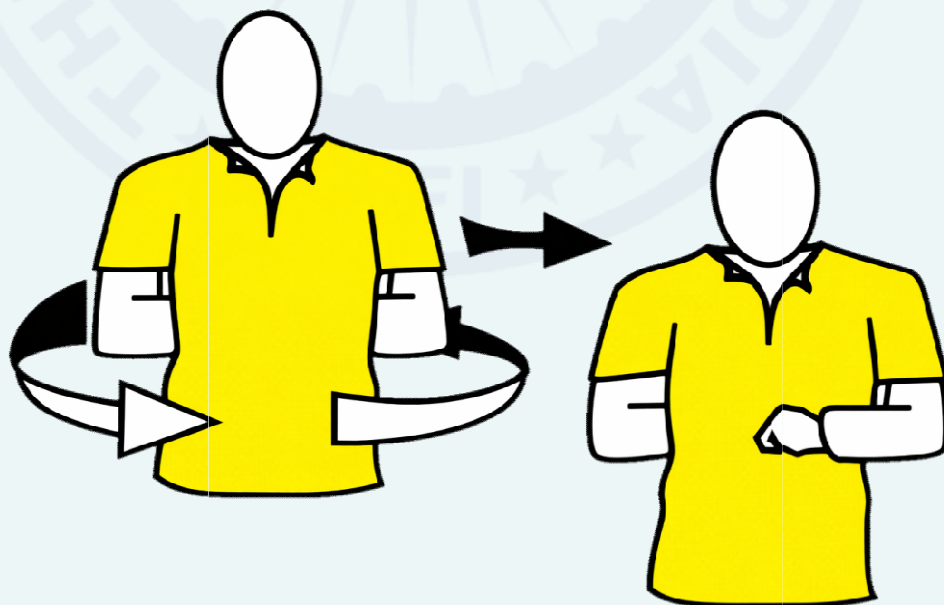
SECTION 5

REFEREES' OFFICIAL HAND SIGNALS

1. TO START THE GAME/SERVICE



2. CHANGE THE COURTS



THROWBALL RULE BOOK

3. ROTATION FAULT



4. LINE TOUCH OR CROSS



THROWBALL RULE BOOK

5. TWO TOUCHES

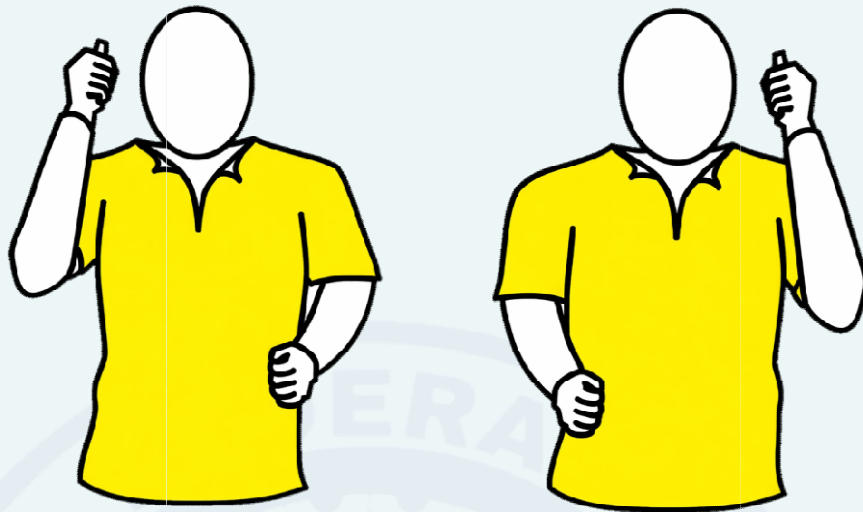


6. BALL ON THE LINE



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7. MOVEMENT



8. THREE TOUCHES



THROWBALL RULE BOOK

9. BALL TOUCH OUT



10. BALL IN



THROWBALL RULE BOOK

11. BALL OUT



12. BALL INSIDE THE BOX (DEAD BALL)



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13. THREE SECOND DELAY



14. CLASH



THROWBALL RULE BOOK

15. BODY TOUCH



16. SHIFTING



THROWBALL RULE BOOK

17. DUBS



18. FIVE SECONDS DELAY



THROWBALL RULE BOOK

19. SUBSTITUTION



20. TIME OUT



THROWBALL RULE BOOK

21. TAPPING / PUSHING



22. YELLOW CARD



THROWBALL RULE BOOK

23. RED CARD



24. YELLOW & RED CARD



THROWBALL RULE BOOK

25. END OF SET (OR MATCH)



26. COMMON BALL/ RE- SERVICE



THROWBALL RULE BOOK

27. BALL TOUCHING NET/ ANTENA



28. BELOW THE SHOULDER LEVEL



THROWBALL RULE BOOK

29. OFFICIAL TIME OUT



30. WRONG POSITION



THROWBALL RULE BOOK

31. JUMPING AND RECEIVING/ HOLDING THE BALL IN AIR



32. BOTH HAND THROW



THROWBALL RULE BOOK

33. GROUND BALL



THROWBALL RULE BOOK

SECTION 06

TOURNAMENT REQUIREMENTS

NATIONAL / STATE LEVEL :

The minimum essential requirements for any National and State level Tournaments are as follows.

- Tournaments should be conducted on league cum knock out basis.
- Duration of the tournament is One/ Two/ Three days.
- Four match courts and two practicing courts need to be prepared.
- Convenient and comfortable accommodation with local transport must be provided.
- Organizers should procure all the necessary materials (Balls, Nets, Antennas, Score sheets and copy of rules and regulations) from the Throwball federation of India (TFI).
- A wide publicity (Press, Media and advertisement etc.,) should be given quiet well in advance to popularize the game.
- A clean and tasty food at free of the cost be made available to all officials and players separately.
- First aid and medical facility along with the doctor at the field must be made available.
- Honorarium and T.A/D.A shall be extended to all officials.
- Match schedule/ fixtures should be announced as per the standard norms as per the TFI.
- Each participating team shall include 15 players, one coach and one manager & two officials.
- Entry fee shall be insisted by the concerned national federation.
- All the state organization must complete state league or championship under international to the national federation well before the National Championship.

TOURNAMENT ORGANIZATION :

The general guidelines to be followed for the organization of Throwball tournaments (Normal Throwball) at different levels are as follows:

- **Ground / Court Preparation:** The organizers shall ensure that the Throwball court is properly marked as per the standard dimensions approved by the Throwball Federation of India. The playing surface should be flat, clean, and free from dust, stones, water, or any hazardous material. In case of outdoor courts, proper leveling and maintenance must be ensured, and for indoor courts, the flooring should be non-slippery and safe for players.
- **Equipment:** All equipment such as poles, net, court markings, Throwball (official size and weight), scoreboards, and other accessories must conform to the specifications approved by the concerned Federation. Adequate reserve equipment should be kept ready for uninterrupted conduct of matches.

THROWBALL RULE BOOK

- **Technical Officials:** Qualified referees, umpires, line judges, scorers, and other technical officials recognized by the Federation must be appointed to ensure fair and smooth conduct of matches.
- **Player Facilities:** Basic facilities for players such as changing rooms, clean drinking water, rest areas, washrooms, and first-aid support must be provided. Separate arrangements for men and women teams should be ensured wherever applicable.
- **Medical & Safety Arrangements:** Proper first-aid kits, medical personnel, and ambulance services should be available throughout the tournament. Necessary precautions must be taken to prevent injuries, especially considering hard court surfaces.
- **Match Management:** A well-structured match schedule, fixtures, and timings should be prepared in advance and communicated to all participating teams. Matches shall be conducted strictly according to the official rules of Throwball.
- **Security & Discipline:** Adequate security arrangements should be made to maintain discipline, regulate crowd movement, and ensure the safety of players, officials, and spectators within the venue.
- **Accommodation & Transport (if applicable):** For higher-level tournaments (State/National), suitable accommodation, meals, and local transport arrangements should be provided for teams, officials, and guests.
- **Publicity & Communication:** The event should be properly promoted through banners, announcements, print/media, and digital platforms. Clear and timely communication must be maintained with teams, officials, and stakeholders.
- **Environmental & Fair Play Measures:** Organizers must ensure cleanliness of the venue and surroundings. Emphasis should be laid on sportsmanship, fair play, and mutual respect among all participants.
- **Compliance with Federation Rules:** All organizational aspects must strictly follow the rules, regulations, and guidelines issued by the respective Throwball Federation. These guidelines will help ensure the smooth, safe, and successful conduct of Throwball tournaments at District, State, National, and International levels.

Thanking You