



THROWBALL RULES & REGULATIONS FOR 2022

BASIC GUIDANCE 2022

1. Each team is to register with 11 players maximum (9 active on ground & 2 substitutes)
2. A Team can start the game with minimum of 6 players on the ground and if player not enough then walkover given to the opponent team.
3. A match shall consist of **TWO** sets, each set for 15 points/20mins of play.
1st Round, Will be Points Base.
2nd Round, if the team wins the first 2 Sets, then the third set will not be played but if the thirst set is played the team must switch over the courts at either 10 Minutes or 8 Points whichever comes first.
4. If the score is 7-0 game is over.
If the score is game point all (i.e., 14 all) then 2 straight points are required for a win. If at any point scores are equal for both teams and time is up, then the team with the service on their ~~side~~ wins.
5. The right to choose who serves first or which side of the court to play in will be decided first by the captain that wins the toss.
6. Double touch, Twist and rolling the ball in your hands, Underarm (releasing ball under waistline), Stretching behind the head and walking with the ball are fouls at all times.
7. Players cannot catch the ball with the assistance of body, or legs but three touch is allowed (from one player to another and another) provided no fouls are committed by any of these 3 players.
8. The ball should be served after the whistle and within 5 sec.
9. The ball should be served without touching any of the service box lines, with single hand and the ball should cross over the net before the server gets back into the court.
*(Note-Legs Swinging on top of service box is **NOT** foul)*
10. Any ball after catching should be released within 3 seconds.
11. During the service and return the ball cannot touch the net or any of the lines of the court (i.e., clean service and clean return).
12. A player can jump while catching a ball but with at least one foot on the ground when you have caught the ball but not while throwing the ball.

13. Players cannot touch the net during the play, but the ball can touch the net and once the ball bounces off the net the player can throw it over.
14. A player while releasing the ball can rotate (360 degrees) or turn around to throw the ball.
15. During catching or releasing, the ball should not touch any part of the body except the palm. (Even if it touches the hair, it is a foul). Whilst catching at least one foot should be on the pitch.
16. 2 players cannot come into contact with ball simultaneously.
17. Any ball falling on the side-line or end-line is a good ball during play (i.e., In Ball) and not service.
18. Shifting the ball from right to left or left to right or deliberately pushing is not permitted (must be a clean throw).
19. The service ball or the rally ball should not touch the poles or the roof of the court. If it touches, then it is considered a foul.
20. The serving player always rotates one position clockwise forming a “Z Rotation”.
21. During the play or rally, players cannot cross the net or obstruct the opponent team.
22. 2 timeouts (1 min each) are permitted for each set. Time-outs to be called out by the captains only when they have the service.
23. Teams can substitute players only when it is their turn to serve even if an injured player is returning on the ground back. Only 1 player can be substituted at a time up to a maximum of 3 substitutes per set.
24. 1-2 minute given to captain of the injured player, to make decision whether to get the substitute player in or injured player back on the ground.
25. Umpire decision is final (no exceptions). Even if it was wrong call from the Umpire, the decision stays.
26. Only the captain can talk to the Umpire before or after the server (not during the play).

CONVENORS: SHITAL GATHANI & YAGNA SAVANI

PENALTIES:

- No-Show Penalty Per Individual Per Sport.
- No-Show Penalty Per Team Per Sport.

An Event with Less than three (3) communities shall be cancelled. Subject to change without notice. Age As at 6th OF NOVEMBER 2022. For more information Contact your community representative.