

THROWBALL FEDERATION OF INDIA

Recognized by Ministry of Sports & Youth Affairs, Govt. of India & Indian Olympic Association

HISTORY: THROWBALL

Throwing a ball across two persons or two groups was a recreational play observed during 1930s, in Australia and England. It was accepted as a very popular play during the leisure period especially by women. Therefore, basically the throw ball play was known to be women game. The YMCA brought the game to Chennai, where it was played as a women's sport in the 1940s. Harry Crowe Buck, who had founded the YMCA college of Physical Education in Chennai, Drafted guidelines for Throwball rules and regulations in 1955.

The game reached Bangalore in the 1950s this play of Throwball was organized for both men & women for the time under the auspices of Throwball federation of India (TFI) at Bangalore, led by **Mr. A. Ramachandra Rao**, Vice president of TFI.

Mr. B.V.Narasimhaiah, TFI, Technical Committee Member, a sports enthusiast from Chickballapur. Organized a national level throwball championship in 1980. In 1985 the Throw ball Federation of India (TFI) was formed along with the Indian National Throwball Championship and by 1990 Throwball in India had become a sport for both men and women.

Mr. Kamal Goshwami, General Secretary, TFI, a sports enthusiast from Rajasthan, Throwball has been reached in Delhi in 1985 that time this game is not popular in India. In 1999 Mr. Naresh Mann become a Vice president of Throwball federation of India after that they do some serious efforts with Mr. Kamal Goswami at India level. Because the effort of Mr. Naresh Mann, the Delhi had organized first National in the year 2000.

Mr. Avinash Burbure, TFI, Joint Secretary, Madhya Pradesh has made the efforts to include Throwball as one of the game in school games federation of India (SGFI) and get the scholarship had been started in Madhya Pradesh for Throwball players. This is very beneficial for players.

This made the federation to think towards the necessary changes in the game, which were more relevant and scientific in nature which accordance to the development of Throwball.

At this juncture the TFI collected the opinion from the players, the technical committee, the coaches & the experts in the field, the sports-promoters, Media – personnel and the spectators from all over the country and started implementing necessary changes, which currently has made this game more effective.

At present the game is being played at both indoors and outdoors, with flood-light competitions becoming more and more popular. Also the inclusion of the multi-colored ball has added more attraction to the game. Currently Throwball is been played in more than 90,000 schools and colleges, all over the country apart from a large number of clubs, factories, companies, districts and state-units from all over India at subjunior, junior and senior levels.

Rules and Regulations Edited by:

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THE GAME OF THROWBALL SHOULD BE GOVERNED AND PLAYED UNDER THE FOLLOWING RULES

RULE-1 AGE

i. Age group

a) Sub Junior : Boys & Girls Under 15 years of age on the last

date of the year i.e., 31st December

b) Junior : Boys & Girls Under 19 years of age on the last

date of the year i.e., 31st December

c) Senior : Men and Women all age group

RULE-2 GROUND:

i. Play Field

a) Sub Junior : 15.30 Mtrs X 9.20 Mtrs.

b) Junior : 18.30 Mtrs X 12.20 Mtrs.

c) Senior : 18.30 Mtrs X 12.20 Mtrs.

ii. **Boundary**

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

iii. End Line

The parallel line marked, measuring 12.20 mtrs. is end line that is AB & CD for Seniors, Juniors and 9.20 Mtrs. for Sub Juniors.

iv. Service Area

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

v. Box line, Box Zone

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

vi. Substitute Area

It is near to the Referee stand & away from the side line (1 mt). Both side by marking 15 cm dot line.

vii. Substitute Bench

It is between the side line and substitute area measuring 1mtr X 2 mtr

viii. Free Zone area

There shall be 3 mtrs. Free zone area all around the boundaries of the play field (Fig.1)

RULE-3: EQUIPMENTS

i. Pole

- a) The poles dia shall be in between 8 cms to 10 cms and the height of pole shall measure from the playing surface. The poles should be made of metal and must be painted in white colour.
- b) The pole should be fixed in the ground exactly at the center of the court with a distance of 0.50 mtrs. Away from the side lines of the court on either side.
- c) There should be metal pully on top of the pole to tie the net.

ii. Net

- 1) The net shall be made up of either cotton or nylon with the length of 12.2 mtrs and 1 mtr width.
- 2) Size of the mesh (Square) shall be 10 cms X 10 cms
- 3) The thickness of the ribbon shall be 5 cms thick at the top and the bottom of the net in full length size and cord runs through it to support the net.

4) Net height from the centre

a. Sub-Junior - 2 Mts.b. Junior - 2.10 Mts.c. Senior - 2.30 Mts.

iii. The Ball

- a) The ball must be spherical in shape and the outer side shall be leather or Rubber.
- b) The size of the ball shall be measured when inflated between 70 cms to 72 cms in circumference, and the ball weight should be 400 grams to 450 grams.
- c) Only balls marked with the official TFI logo will be allowed in the tournaments. In case of unavailability of TFI balls then it may be used with the approval of the technical committee and the organizing committee. The ball may be changed only for reasons of necessity if deflated or lost.

iv. Antenna

- a) Antenna shall be fixed on either side of the net exactly on side lines.
- b) Two tapes of 5 cms width should be tied on the either side of the net. The antenna shall be 1.80 Mtrs. Long with diameter of 10 mm & should be made of cane or fibre.
- c) It should be projected 80cms above the net.

RULE-4: PLAYERS

- i. A Team shall consist of 9 players and 5 substitutions.
- ii. A match shall not consider valid if there are less than 7 players in either extra player's box.
- iii. Any player can substitute among 14 players at any time during the play.
- iv. 5 Substitutions are maximum permitted per team per set.
- v. Name of the players should be entered in the score sheet along with their respective chest numbers before the commencement of the match. Only players who have been entered in the score sheet are eligible to play or substitute.

- vi. Player must wear proper uniform bearing chest number from 1 to 12 numbers and shall be printed with 20Cms X 10cms at back, and 5 Cms X 2.5 Cms at front side.
- vii. Players must follow the rules and regulations as prescribed.
- viii. 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 deal under Rule 10 by technical committee.

RULE-5: HOW TO PLAY

- i. The team wins the toss shall have the choice of the court or service
- ii. 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.

 Standing order:

After the starting of the game, the same rotation position must be maintained throughout the set.

- iii. 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 to No. 2 to No. 3 position and so on.
- iv. After the set ends, service must be taken by a team of the opposite side to that of the team who started the set.
- v. The player standing in position No.9 shall make the position to serve the ball from outside the end line.
- vi. A player should serve the ball by palm within 5 seconds after the whistle of the referee without touching the end line.
- vii. The server should not enter the court before ball crosses the net.
- viii. 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.
 - ix. The player should serve or throw the ball to the opponent's court in any one hand.
 - x. A player should serve or throw by using the antenna limit during the service or in play.

- xi. The ball must be thrown by the player from the shoulder and above level only. Player receiving the ball at below over head level should bring it to shoulder level and throw in course of one action only.
- xii. 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.
- xiii. A player may catch the ball with both hands but should return the ball with one hand without touching any part of the body.
- xiv. If a ball slipped or rebounds 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.
- xv. A player while receiving or returning the ball to the opponent court, no part of the body should touch the box line.
- xvi. Shifting: Player shifting the ball from right side to left side or left side to right side during play is called Shifting
- xvii. Spot jump is allowed while throwing the ball to the opponent court after stepping jump is not allowed.
- xviii. Jump service is allowed. But player should not enter the court before ball crossing the net.
 - xix. After receiving the ball if a player crosses the side line or end line that is allowed with one leg contact to the court.
 - xx. At the time of service the remaining players of both the team should stand on their own position.
 - xxi. Change of position of players is allowed once the ball is released from the servicing player hand. But the player should occupy their original position once the rally is completed.
- xxii. At the time of service carrying the ball below the hip level is not allowed.
- xxiii. During the play, a player can receive the ball even in the free zone line, but not outside free zone line.

RULE-6: FOULS

- i. Juggling: Ball slipping in hands at the time of receiving
- ii. Double contact: Ball while in play received by a player which bounced in his or her hands for two times is called double contact. When the player receiving the ball on high over head is also double contact.
- iii. 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.

- iv. Ball in: Any ball that falls on the line is good whether in service or in play.
- v. Body Touch: While throwing/returning/receiving the ball should not touch any part of the body.
- vi. Delay: A player should not keep the ball not more than 3 seconds and should not rest in the hands during the game.
- vii. A ball rebounding or bouncing from the net can be received by another player is not a foul but intentionally throwing the ball to the net is a foul.
- viii. 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.
 - ix. The service ball touches the net and antenna will be considered as foul and side over should be given.
 - x. While in play the ball falls on the box line is foul.
 - xi. Movement: After receiving the ball, if a player takes one step forward or backward is considered as good, player should not take more than one step is foul.
- xii. Clash: Catching the ball simultaneously by two or more players is a clashing and it is a foul.
- xiii. Ball failing in BOX Zone is foul
- xiv. Jump and receiving the ball is not allowed. But jump and throwing the ball is allowed.

RULE-7 SCORING

- i. Each set of match is consisting of 15 points
- ii. In the best of 5 sets if both teams won 2 sets each on the 5^{th} deciding set the court has to change on 8^{th} point with the same rotation order.
- iii. In the best of 3 sets if both teams won 1 set each on the 3^{rd} deciding set the court has to change on 8^{th} point with the same rotation order.
- iv. A match is won by the team that gains 2nd sets out of 3 sets, that gains 3 sets out of 5 sets in accordance with the need of the organizing committee.
- v. In case of 14 all, the play is continued until two congestive points lead gained by a team.
- vi. After 16 all, the team scoring the 17th points wins the set with only one point of lead.

RULE-8 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.
- ii. Substitution must be done from the specified substitution area with the permission of the referee and umpire.
- iii. Five substitutions is maximum permitted per team per set.
- iv. Substitution will be allowed when the ball is dead.
- v. A player can be re-substituted in the same set.
- vi. A player can be re-substituting even on 9th position also.
- vii. After the five substitutions, if any player got hurt/injury the remaining players have to continue up to 7 players.

RULE-9 TIME OUT

- i. Each team may call for time-outs in a set at any time for rest and discussion.
- ii. Duration of every time out will be of 30 seconds
- iii. Coach may call for time out. In the absence of coach, captain may call for it.
- iv. To demand time out authorized person (as per rule 9 (iii) showing signal to the referee then referee will allow for time out.
- v. During the time out players are not allowed to leave the ground without permission of the referee.
- vi. Referee may call official/ technical time out if required.
- vii. The time out will be allowed when the ball is dead.
- viii. There are two time out's for officials during each set.

RULE -10 MIS CONDUCT

- i. Persistently addressing the officials in regard to the decision
- ii. Making derogatory remarks about the officials
- iii. Act derogatory or unpleasant action leading to influence their decision.
- iv. Make personal or derogatory remarks to the opponents.
- v. Pointing out by a player for demanding decision, to the referee or umpire.
- vi. No coaching from outside ordains, Substitute players, and other officials.

- vii. Leaving the court without permission of the referee, umpire during the play and during time-out is considered as mis conduct.
- viii. No player shall appeal the referee during the course of play except the captain.
 - ix. Player shall not disturb other player by unnecessary shouting during the play.
 - x. Rule violating, talking, uneven jumping, leading to injuries to the opponent players and officials.
 - xi. Deliberate coaching during the game by team mates from outside of the court is not allowed.
- xii. Doping (Drugs) by player and officials will not be permitted and will not be allowed to take part in the matches & tournaments also.

RULE-11: PUNISHMENT

- i. If any kind of misconduct as mentioned under rule 10 is exhibited by managers, coaches any players shall be punished as under.
 - a) Will be debarred from the set, match or tournament
 - b) Players and officials may be banned to participate for unlimited period.
 - c) During the set/game if miss conduct occurs by officials and players, referee will deal the matter by showing yellow and red card as he deems applicable.
 - d) Yellow card- participant/s who is violating the rules and misconducts, during the game shall be warned with the yellow card as warning.
 - e) Red card-Participant/s who is committing the mistake repeatedly, violating the rule 10 and exhibit any type of mis behavior which is 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.
 - **f)** While gross 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.

g)

RULE-12: PROTEST

No protests will be entertained on referee's decision.

- i. 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 with in an hour after the game with a fee prescribed by the organizer.
- ii. The protest fee is not refundable in any case

RULE-13: MATCH OFFICIALS

There shall be 6 match officials as one referee and one umpire, one scorer and one assistant scorer, two lines man. The referee board chairman will depute the officials for every match.

i. Officials Uniform and Equipments

- a) Officials shall act only in the specified uniform and essential equipments.
- b) Specified Uniform.
- c) Specified Equipments.
 - Each officials must have one whistle, one set of indicator cards (YELLOW AND RED), A pen and A packet dairy.
 - Size of the cards shall be 5 X 8 cms and rectangular shape.

ii. Duties of the referee

- a) Referees shall be solely responsible for conducting the match with assistance from other officials.
- b) Checkup with the help of other match officials before commencement of the match, about the condition of the court, poles, net, balls etc., and observe all players or participants of that particular match.
- c) 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.
- d) Giving signal according to the fouls .
- e) Announce the substitutions and replacement of players.
- f) Announce the time-out taken by the team.
- g) Declare the match result.
- h) Give decision according to the Rules of the play till the game ends.
- The referee will deal all disputes during the course of the game/ his power continues from the start of the game to the end of the game.

iii. Duties of Umpire

- a) Umpire will assist the referee. The decision of referee will be final.
- b) Checkup the rotation order at start and during the play.
- c) Checkup the chest numbers and observe the rotation orders, if rotation is not followed he should inform the referee.
- d) He/She shall conduct the match and give assistance to the referee according to the rules of the play till the game is over.
- e) Umpire shall also observe the ball in or out on the respective side line.
- f) Umpire can also give signal for time-out and substitution.

iv. Duties of Scorer and Assistant Scorer:

- a) The scorer should check sheet and ensure the entry of the name of players with the chest number.
- b) All the points scored should be announced and enter in their respective side on the score sheet.
- c) Complete the score sheet and get it duly signed by the captain. Referee and umpire.
- d) Time-out substitution warning and punishment exercised by the referee clearly entered in the score sheet.
- e) Assistant scorer will assist the score in all scorers duties.
- f) Assistant scorer will be maintain the open score board.
- g) Keep and note in the score sheet at beginning and end, time outs, substitutions, the teams scoring the first points in the game. Extra points awarded by the referee.

v. Duties of the lines men:

- a) There will be two lines men in a match.
- b) The lines men on each end of the court shall observe the ball in or out of the respective end lines and sidelines of the field. Only if the referee needs they can indicate their observations.

RULE-14: KIT OF THE PLAYERS

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.

RULE -15: ABANDONED OF THE MATCH

- i) In case of failure of light heavy rains or any natural calamities or disturbances in such cases if a match may not be completed, after 3 hours such match shall be replayed.
- ii) The temporary suspended set shall be continued with the same score.
- iii) The temporary suspension the player will not leave their respective court without the permission of the referee.
- iv) The period the temporary suspension shall not exceed more than 3 hours.
- v) During the temporary suspension the player will not leave their respective court without the permission of the referee.
- vi) Before executing the decision the referee must consult with the organizing committee, technical committee.
- vii) Same match officials will supervise the abandoned match.
- viii)Same players should play the abandoned match.
- ix) In case same match officials are not available to supervise the abandoned match due to any reason the chief referee or the referee's board have the power to change and depute another officials.

Technical Committee

- i) Technical Committee will be formed by the TFI
- ii) The technical committee or jury of appeal will consider the seriousness of the remarks of offense reported by match referee / match officials and impose the punishments.
- iii) The technical committee will check all the paper documents and eligibility forms of the player in sub-junior, junior and senior tournaments
- iv) The technical committee will check the ground markings, net height, balls, scorer table and observe all official matches.
- v) Draw the fixtures of the tournament.

REFEREES BOARD

Referees board will be formed by the SGFI. It consists of 5 members with secretary General as Ex-Officio member. The board will keep the panel of referees up to date and referee's boards will depute officials and appoint a chief referee for the particular tournament.

All referees must wear uniform prescribed by Throwball federation of India, SGFI during the official game. The board will conduct referee's clinic and examination, theoretical and practical with the permission of TFI, SGFI when or if required.

There will be three grades for the referee according to their qualification

1) Grade A : National and International matches

2) Grade B: State and university level matches

3) Grade C: District and below district level matches

OFFICIAL TERMS

1. Point - Scoring.

2. Side Out - Change of service.

3. Net Service - Service touching net.

4. Time out - Allowable pause for rest or substitution.

5. Outside the antenna- Service passing outside net markers or

Touching the antenna.

6. Dead ball - After 'point' side out of other decisions

temporarily suspending the game.

7. Out - Ball touching ground outside the court.

8. Good - Ball striking ground in court.

9. Double contact - Ball touching a player two times or rolling

long a part of his body.

10. Juggling - Ball slipping in hands at the time of receiving.

11. Wrist touch - For throwing the ball taking holding with wrist

Support.

12. Ball carry - Ball lifted palm facing upwards.

13. Line crossing - Box zone line crossing, serves line crossing.

14. Clash - catching the ball simultaneously by more

then one player.

15. Line touch - At the time of service server touches end

Lines.

16. Movement - Player should take the more than one step is

Foul.

17. Shifting - Player shifting the ball from right side to left

side or left side to right side.

18. Delay - Ball holds for more than 3 seconds at Rally

Time, service time after whistle ball holds

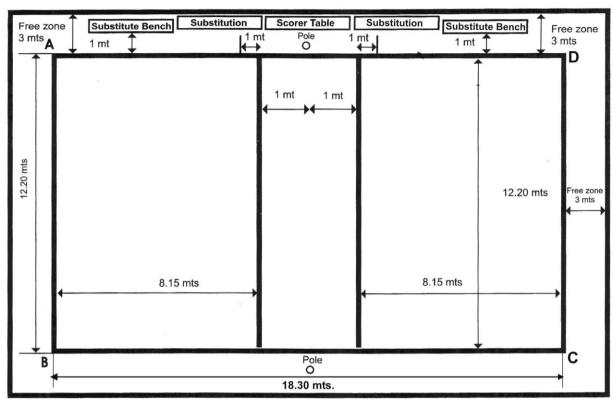
for more than 5 seconds.

The Serving team wins a point when:

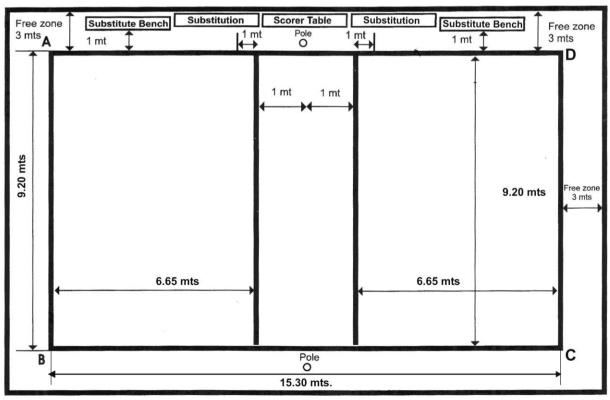
1. The ball touches the ground inside the opponents court.

- 2. Opponent holds or lifts the ball with palm upwards.
- 3. Opponents hold the ball more than 3 seconds (delay).
- 4. The ball has touched the opponents body.
- 5. An opponent touches the ball two consecutive times.
- 6. An opponent touches Box Zone or line.
- 7. A return ball crosses or touches the net outside the antenna determining the width of the court.
- 8. An opponent player fails to send the ball at shoulder level.
- 9. An opponent player taking wrist support for sending the ball.
- 10. Ball Zigling in the opponent player hands at the time of holding.
- 11. A return ball goes out of court, passes under the net, touches an object outside the court.
- 12. An opponent receives a personal warning.
- 13. After warning from the referees have received by their manager, coaches or players, deliberately coaches during the game.
- 14. Opponents delay the game in a persistent manner.
- 15. Opponents illegally replace a player.
- 16. Opponents prolong the interruption of the game for more than half a minute.
- 17. Player shifting the ball.
- 18. Server at the time of service after the referee blows the whistle server dribbling the ball on the ground.
- 19. Server takes more than 5 seconds for service after the referee's whistle.

JUNIOR & SENIOR THROWBALL COURT

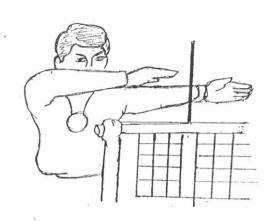


SUB JUNIOR THROWBALL COURT



REFEREE AND UMPIRE HAND SIGNALS

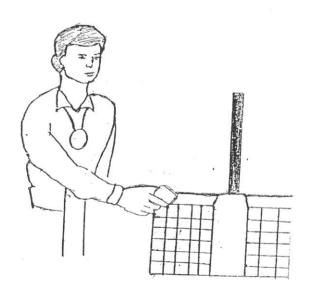
SERVICE



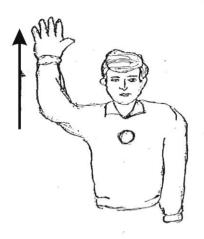
ROTATION FAULT



NET CONTACTED BY BALL FROM SERVICE



DELAY IN SERVICE (More than 5 seconds)



DOUBLE CONTACT



JUGGLING



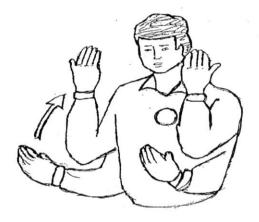
BODY TOUCH







BALL OUT



COMMON BALL



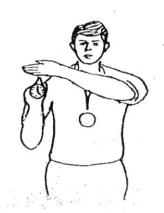
ROTATION FAULT







TIME OUT



SUBSTITUTION



COURT CHANGE

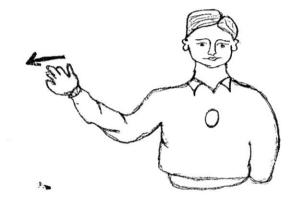








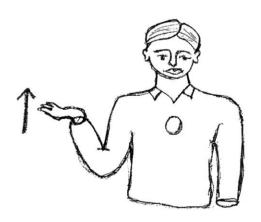
FOUL THROW



CLASH



CARRY



DELAY IN BALL RALLY TIME (More Than 3 Seconds)



SHIFT



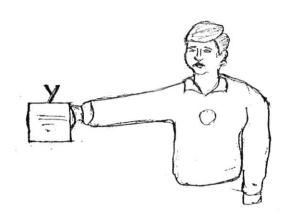
PUSHING



WRIEST TOUCH







EXPULSION



DISQUALIFICATION



END OF SET OR MATCH



DOUBLE CONTACT (High over head ball receiving)



LINE MANS'S OFFICIAL HAND SIGNALS

BALL IN



BALL OUT







BALL CROSSING OUTSIDE THE ANTENNA OR SERVING FAULT



JUDGEMENT IMPOSIBLE



THROWBALL FEDERATION OF INDIA SCORE SHEET



Name of the tour	nament:_	Organized	l by:	
Match between A	.	V/s B	Pool/ Match	Date:
Time:	Ground: _	Toss won by :	Choice:	(Service / Court

CI	Cl	Cl	Warr	nings				Sub	stitut	tion 8	և Time	out	:s				CI		Clt	War	nings
SI. No Players Name	Chest	Υ		Y R TEAM-A					TEAM-B					SI.	Players Name	Chest	Υ	R			
		No.			Set	I	II	III	IV	V	Set	I	II	III	IV	V	No	•	No.		
1.					In -						In ·						1.				
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14.					1												14				

Name of manager with Signature :	Name of manager with Signature :				
Name of Coach with Signature :	Name of Coach with Signature :				
Name of the Referee with Signature :	Name of the Umpire with Signature :				
Name of the Lines men with Signature : 1)2)	Name of the Scorer with Signature :				

Team	Points I Set	Points II Set	Points III Set	Points IV Set	Points V Set		
A	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10		
	11 12 13 14 15 16 17	11 12 13 14 15 16 17	11 12 13 14 15 16 17	11 12 13 14 15 16 17	11 12 13 14 15 16 17		
Team	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10	1 2 3 4 5 6 7 8 9 10		
В	11 12 13 14 15 16 17	11 12 13 14 15 16 17	11 12 13 14 15 16 17	11 12 13 14 15 16 17	11 12 13 14 15 16 17		

Signature of Captain Team A	:	Signature of Captain Team B	:
Match Result : Team Won by	:	Signature of Referee	: