



राष्ट्रीय प्रौद्योगिकी संस्थान दिल्ली
National Institute of Technology Delhi
(An autonomous Institute under the aegis of Ministry of HRD, Govt. of India)



THROWBALL

Rules and Regulations

1. Each team will consist of 6 active players and 3 substitutes.
2. A match shall consist of the best of three sets. First two sets for 21 points and third one for 15 points. If a team wins the first 2 sets, then the third set will not be played.
3. The right to choose the initial order of serving, receiving and ends shall be decided by lot and the winner may choose to serve or to receive first or to start at a particular end.
4. Players are expected to be at the court at least 30 minutes prior to the game. If the players fail to show up the match will be cancelled and the opponent will be declared a winner.
5. Double touch (juggling the ball in both hands) is not allowed while receiving the ball.
6. Players cannot catch the ball with the assistance of body or legs.
7. The ball should be served after the whistle and within 5 sec.
8. The ball should be served without crossing the service line with single hand.
9. Any ball after catching should be released within 3 seconds.
10. During the service, the ball cannot touch the net.
11. A player can jump when throwing the ball or while serving.
12. Players cannot touch the net during the play but the ball can touch the net.
13. A player while releasing the ball cannot rotate (360 degrees) or turn around to throw the ball.
14. During catching or releasing, the ball should not touch any part of the body except the palm.
15. 2 players cannot catch the ball simultaneously.
16. Any ball falling on the side-line or end-line is a good ball.
17. Shifting the ball from right to left or left to right or deliberately pushing is not permitted.

18. The service ball or the rally ball should not touch the poles. If it touches, then it is considered a foul.

19. During the play or rally, players cannot cross the net or obstruct the opponent team.

20. 2 timeouts (30 sec) are permitted for each set.

21. Teams can substitute only when it is their turn to serve; only exception is if a player gets injured. Only 1 person can be substituted at a time up to a maximum of 3 substitutes per set.

22. Umpire's decision will be final.

23. Only the Coach or the captain can talk to the Umpire before or after the server (not during the play).

24. The players should have contact with the ground while catching the ball.

25. Once the team list is fixed, they cannot swap members.

26. If all the teams win one match each, then the top 2 teams will be announced based on the points difference of their matches. And if points difference is same, toss will be done to choose the team for the finals.

NOTE:

1. Any questions or enquiries, please ,contact - Swathi Majji.

Mobile- 8919671351

2. **SAFETY** - As in any physical sport, there is a risk of injury. Participants are deemed to acknowledge and accept the risks.