

Rules Of Throwball

- EACH TEAM SHOULD CONSIST OF SEVEN (7) PLAYERS AT TIME OF PLAY. ANY MATCH PLAYED WITH MORE OR LESS THAN SEVEN PLAYERS SHALL BE UNOFFICIAL.
- THE TEAM SHALL CONSIST OF 7 ACTIVE PLAYERS AND 3 SUBSTITUTES. THE PLAYERS HAVE TO STAY IN A 2-3-2 POSITION AT THE TIME OF SERVICE.
- THE MATCH SHOULD BE PLAYED FOR BEST OF 3 SETS WITH 21 POINTS IN EACH SET.
- ANY BALL TO BE RELEASED SHOULD BE RELEASED FROM ABOVE THE SHOULDER/SHOULDER-LINE ONLY.
- THE BALL HAS TO BE CAUGHT WITH BOTH THE HANDS AND RETURNED IN ONE HAND ONLY.
- A PLAYER CANNOT JUMP WHILE SERVING THE BALL. THE SERVICE BALL MUST NOT TOUCH THE NET.
- DOUBLE TOUCH IS NOT ALLOWED FOR RECEIVING THE SERVICE BALLS. THE BALL SHOULD BE SERVED AFTER THE WHISTLE & WITH IN 5 SECONDS
- SERVE THE BALL ONLY FROM THE SERVICE- -ZONE & WITHOUT CROSSING THE END LINE
- ANY BALL FALLING ON THE BOX LINE OR IN THE DEAD ZONE IS A FOUL
- ANY BALL AFTER CATCHING (DURING RALLY) SHOULD BE RELEASED WITH IN 3 SECONDS
- BODY TOUCH- DURING CATCHING OR RELEASING, THE BALL SHOULD NOT TOUCH ANY PART OF THE BODY EXCEPT THE PALM.
- BALL RECEIVED ON ANY SIDE SHOULD BE RELEASED FROM THE SAME SIDE (FOR EG. BALL RECEIVED IN LEFT DIRECTION SHOULD BE RELEASED FROM LEFT SIDE ONLY)
- A PLAYER CAN JUMP WHEN THROWING THE BALL BUT THE PLAYER SHOULD HAVE CONTACT WITH THE GROUND WHEN CATCHING THE BALL.

FAULTS :

- A PLAYER TOUCHES THE NET
- A PLAYER CROSSES THE CENTER LINE OR TOUCHES THE OPPOSITE FIELD WITH HIS HAND(S)
- PLAYING WITH ANY PART OF BODY BELOW THE WAIST
- A PLAYER TOUCHES THE BALL TWICE.
- THE BALL TOUCHES THE GROUND OR ANY OTHER OBJECT THE BALL IS OUT
- BAD SERVICE (THE BALL PASSES UNDER THE NET OR ENDS OUTSIDE THE OPPOSITE FIELD OR TOUCHES THE NET)
- INCORRECT POSITION OF TEAM PLAYERS
- MORE THAN 7 PLAYERS IN THE FIELD
- THE REFEREE IS NOT NOTIFIED ABOUT THE INCOMING OR OUTGOING PLAYER (SUBSTITUTE)
- THE TEAM DOES NOT FOLLOW THE SERVICE ORDER (PROPER ROTATION) RIGHT CLOCKWISE DIRECTION
- IMPROPER OR UNFAIR BEHAVIOUR OF ANY TEAM MEMBER

BASIC RULES :

- EACH TEAM SHOULD CONSIST OF = 7 + 3 (SUBSTITUTE)
- THE PLAYERS HAVE TO STAY IN A 2-3-2 POSITION AT THE TIME OF SERVICE
- THE MATCH SHOULD BE PLAYED FOR 1 SET WITH 21 POINTS
- ANY BALL TO BE RELEASED SHOULD BE RELEASED FROM ABOVE THE SHOULDER/SHOULDERLINE ONLY
- THE BALL HAS TO BE CAUGHT WITH BOTH THE HANDS AND RETURNED WITH ONE HAND
- SERVICE BALL SHOULD NOT TOUCH THE NET
- DOUBLE IS NOT ALLOWED FOR RECEIVING THE SERVICE. IT BE SERVED AFTER THE WHISTLE & WITHIN 5 SECONDS

- PLAYER SHOULD SERVE THE BALL ONLY FROM THE SERVICE- -ZONE & WITHOUT CROSSING THE END LINE
- ANY BALL FALLING ON THE BOX LINE OR IN THE DEAD ZONE IS A FOUL.
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