

**SPORTMANIA**  
**Student council 2023-24**  
**Rule Book**

**1) THROWBALL**

- Each team should consist of seven (7) players at the 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 the 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 hands and returned with 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 ball.
- The ball should be served after the whistle and within 5 seconds.
- Serve the ball only from the service zone and 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 within 3 seconds.
- Body touch - during catching or releasing, the ball should not touch any part of the body except the palm.
- The ball received on any side should be released from the same side (for example, a ball received in the left direction should be released from the 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) A player touches the net.
- B) A player crosses the center line or touches the opposite field with his hand(s).
- C) Playing with any part of the body below the waist.
- D) A player touches the ball twice.
- E) The ball touches the ground or any other object.
- F) The ball is out.
- G) Bad service (the ball passes under the net or ends outside the opposite field or touches the net).
- H) Incorrect position of team players.
- I) More than 7 players in the field.
- J) The referee is not notified about the incoming or outgoing player (substitute).

K) The team does not follow the service order (proper rotation) in the right clockwise direction.

L) Improper or unfair behaviour of any team member.

**BASIC RULES:**

- 1) Each team should consist of 7 + 3 (substitute) players.
- 2) The players have to stay in a 2-3-2 position at the time of service.
- 3) The match should be played for 1 set with 21 points.
- 4) Any ball to be released should be released from above the shoulder/shoulder-line only.
- 5) The ball has to be caught with both hands and returned with one hand.
- 6) The service ball should not touch the net.
- 7) Double is not allowed for receiving the service.
- 8) Player should serve the ball after the whistle and within 5 seconds.
- 9) Player should serve the ball only from the service zone and without crossing the end line.
- 10) Any ball falling on the box line or in the dead zone is a foul.
- 11) Body touch - during catching or releasing, the ball should not touch any part of the body except the palm.