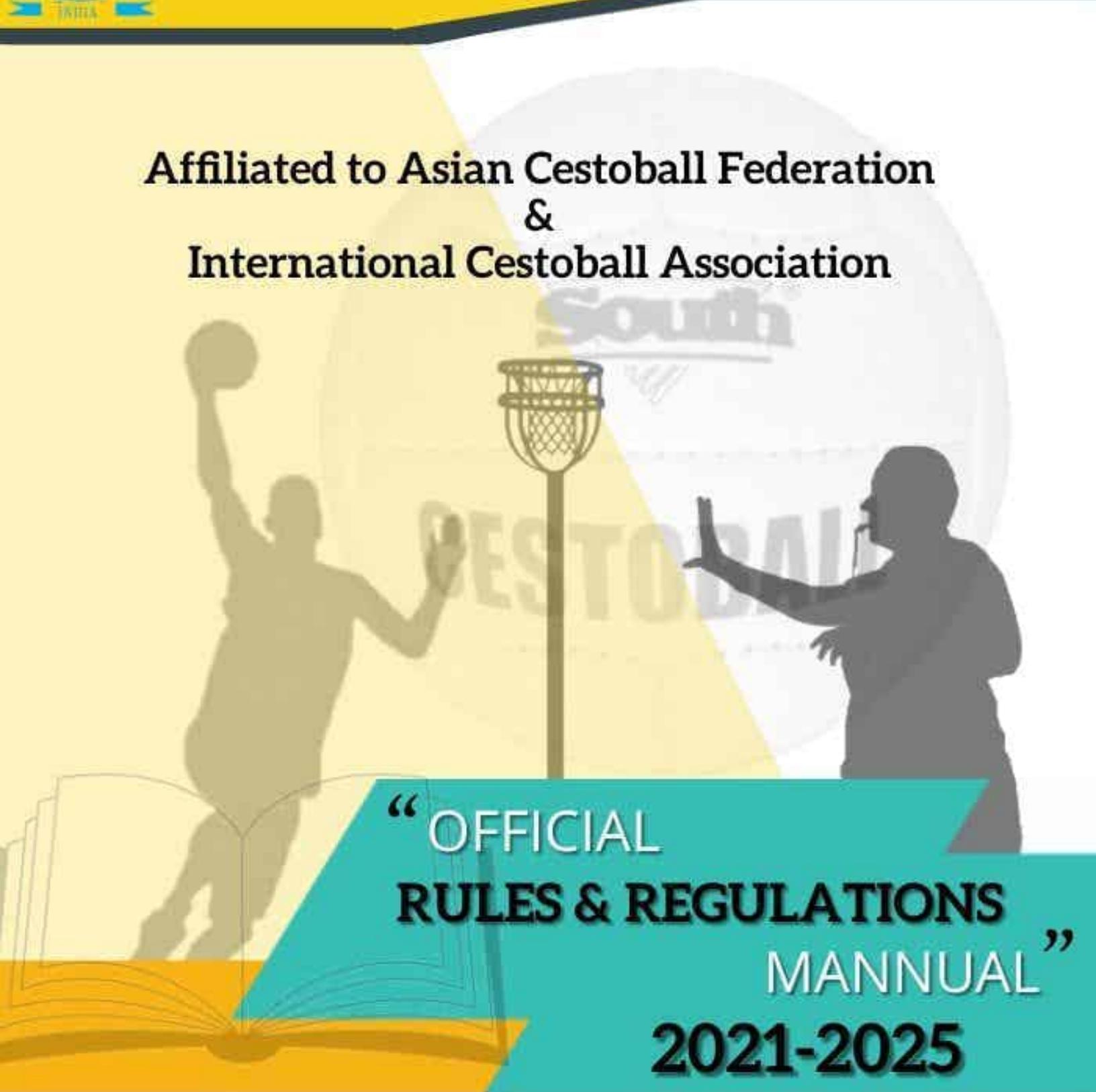




CESTOBALL FEDERATION OF INDIA®

**Affiliated to Asian Cestoball Federation
&
International Cestoball Association**



**“ OFFICIAL
RULES & REGULATIONS
MANUAL ”
2021-2025**

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Cestoball Federation of India

OUR JOURNEY.....,



Indian Men & Women Cestoball Participated in Indo-Thailand International Cestoball Championship at Bangkok, Thailand Sep-2019

Indian Men & Women Cestoball Participated in Indo-Thailand International Cestoball Championship at Bangkok,



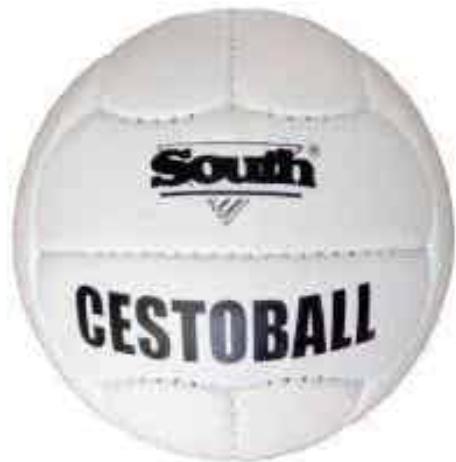
1st Senior National Cestoball Championship for Men & Women at Rajkot, Gujarat May-2019

Indian Men & Women Cestoball team Participated in Indo-Srilanka International Cestoball Championship at Colombo, Srilanka Sep-2019,



Federation Cup, Ghaziabad Uttar Pradesh, JAN-2020





CESTOBALL FEDERATION OF INDIA

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**Secretary General
Cestoball federation of India**

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CESTOBALL RULES

CONTENT

CESTOBALL	4
THE GAME	4
1. MATERIALS	5
1.1 PLAYING COURT	5
1.2 GOALPOSTS	7
1.3 THE BALL	8
1.4 SUBSTITUTION BENCH	8
2. TECHNICAL ELEMENTS	9
2.1 CLOCK	9
2.2 SCORESHEET	9
2.3 FOUL MARKERS	10
2.4 SCOREBOARD	10
2.5 SCORESHEET FORMAT	11
3. OFFICIALS	12
3.1 MATCH OFFICIALS	12
3.1.1 Umpires	12
3.1.2 Duties, powers, rights and responsibilities	12
1) Before the game	12
2) During the game	13
3) After the game	14
3.1.3 The third umpire	14
4. TABLE OFFICIALS	15
4.1 TIMEKEEPER	15
4.2 SCORER	16
5. TEAMS	18
5.1 NUMBER OF PLAYERS	18
5.2 CAPTAIN	19
5.3 SHIRT NUMBERS	19
5.4 UNIFORMS	19
5.5 AGE CATEGORIES	20
6. COACHING STAFF	20
6.1 HEAD COACH	20
6.2 ASSISTANT COACH	20
6.3 PHYSICAL TRAINER	21
6.4 MEDICAL OFFICIAL	21
7. PLAYING REGULATIONS	22
7.1 SCORE	22
7.1.1 Validation of goals	22
7.1.2. Value of goals	22
7.2 LEGAL FORMS OF PLAYING THE BALL	23
7.2.1 Fouls committed when playing the ball	24
7.3 TRAVELLING	24
7.4 PERSONAL FOULS	26
7.4.1 Legal forms of guard	26

7.4.2	Fouls committed when guarding Fouls	26
7.4.3	Number of fouls	28
7.4.4	Types of fouls	28
7.4.5	Multiple fouls and simultaneous foul	29
7.4.6	Ways of performing free-throws	29
7.5	PENALTIES FOR MOVING THE GOALPOST	30
7.6	BALL OR PLAYER OUT OF THE PLAYING COURT	31
7.7	JUMP BALL	31
7.7.1	Situations leading to a jump ball	31
7.7.2	Correct ways of performing a jump ball	32
7.7.3	Fouls committed during the jump	32
7.7.4	Causes leading to a new jump	33
7.8	PLAYING TIME	33
7.8.1	Duration and interval	33
7.8.2	Start and end of each period	33
7.8.3	Overtime	34
7.8.4	Penalty shootout	34
7.8.5	Time-out	35
7.9	DISTRIBUTION OF PLAYERS IN THE COURT	35
7.9.1	Law of numerical balance	35
7.9.2.	Valid situations of numerical balance	37
7.9.3	Invalid situations of numerical balance	37
7.10	PLAYER SUBSTITUTION	37
7.11	WRONGLY-SUBSTITUTED PLAYER	38
7.12	GREATEST AMOUNT OF PLAYERS ON THE PLAYING COURT.....	38
8.	CARDS	39
8.1	CARDS FOR PLAYERS	39
8.2	CARDS FOR THE COACHING STAFF	39
8.3	CARDS FOR TABLE OFFICIALS	39
8.4	CARDS FOR SPECTATORS	40
9.	TECHNICAL FOUL	40
10.	SIGNALS	41
10.1.	UMPIRES' SIGNALS	41
10.2	TABLE OFFICIALS' SIGNALS	49

CESTOBALL

Cestoball is an Argentine sport that was created in 1897 by professor Enrique Romero Brest (the father of Physical Education in Argentina) and was first named “Pelota al Cesto” (*ball to the goalpost*, in Spanish).

In 1903, the sport was included in the teaching of Physical Education syllabuses and in 1986 it adopted its present name after an important change in the regulations was introduced. This made Cestoball a dynamic discipline of high performance. A cestoball team is made up players of either the same or different genders.

In Cestoball, different physical qualities are developed, together with the psychological aspects and social values of the people involved in a game. What is more, due to its tactical and technical features, and the dynamics inherent in the game, it fosters a wide sense of cooperation among the players since there is no bouncing of the ball. Therefore, the only way to play is to pass the ball to teammates with the hands. This in turn forces players to constantly move around in order to play or regain the possession, by employing the basic forms of movement such as running, jumping, throwing, receiving and scoring. Also, the development of these physical qualities stimulates aerobic and anaerobic endurance, strength, speed, power and specific coordination movements, which are all necessary to perform the essential technical and tactical basics of Cestoball.

The infrastructure and equipment needed for its practice are scarce (goalposts, a ball and a court) and they facilitate socialization and integration of a great number of people with little equipment; also, a quite small place for doing this fun activity is enough, so it is ideal for teaching at schools.

THE GAME

Cestoball is played by two teams of six (6) players each. The aim is to move the ball through passes with the hands towards the opponent’s goalpost and try to score goals by throwing the ball to it, and to prevent the opponent team from scoring in the proper goalpost. The winner team is the one that obtains the greater amount of goals during the game.

Before the game starts, the umpires involved will make a toss between the captains of each team. There it is decided which of the teams shall start the game in possession of the ball and which shall choose the goalposts for each team.

The court of cestoball is a rectangle divided into two areas by a centre line determining two zones with a goalpost in each of the zones. These two areas shall be the defence area and the attack area of each team during the playing time.

During the game, not more than four players of the same team must be in one of the zones and not less than two must be in the other. All players can throw the ball to the corresponding goalposts from any place inside the court the game is being held.

There is no limit for player substitutions, and they can be made anytime during the match. A substitution is to be performed at the end line of the defence zone of the proper team.

The playing time is forty minutes (40’) divided in two periods of twenty minutes (20’) each, with a 5-minute interval.

In case of a tie, the game shall extend for two more periods of three minutes (3’) each and, if tie persists, the game is finished with free throws from the penalty spot.

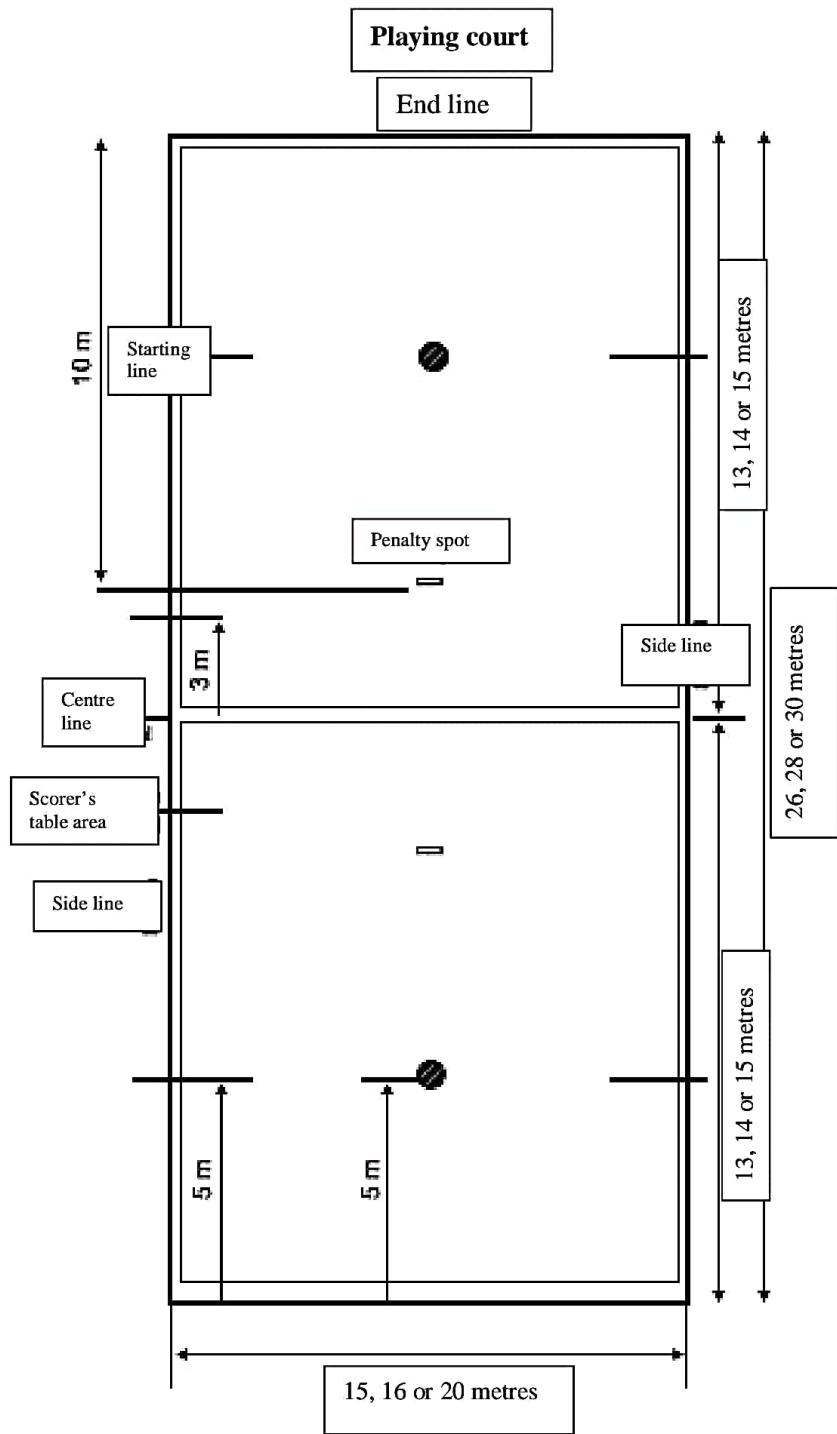
The ball may be caught with both hands and it cannot touch any part of the body other than the wrists and forearms. The passing distance of the ball between two teammates shall be of 6.5 feet (2 metres) as minimum.

The guarding position must be personal or at a distance within all the playing court whether a player is in possession of the ball or not. Each player may commit six (6) fouls at most.

1. SPORT MATERIALS

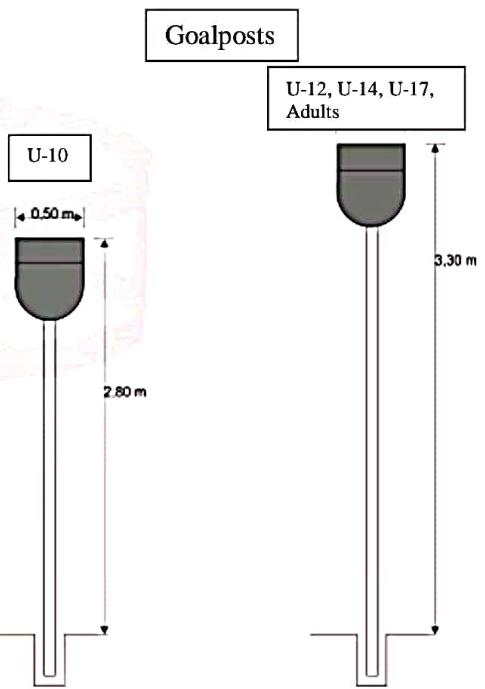
1.1 PLAYING COURT

- **Surface:** It shall be a flat and firm surface for easy adaptation. In case of an international competition, the playing surface shall be determined six months in advance without exception. The playing surface shall be conveniently and evenly illuminated.
Note: In case it is played on a grass surface, the sport shoes shall have molded, non-changeable studs.
- **Dimensions:** The playing court shall have an extension of 92 ft (28 metres) in length and 52 ft in width (16 metres). Other measures may also be accepted: a maximum of 98 ft (30 metres) long and 65.6 ft (20 metres) wide, and a minimum of 85 ft (26 metres) long and 46 ft (14 metres) wide.
If it is an indoor court, the ceiling shall be no less than 23 ft (7 metres) high.
- **Boundaries:** The playing court shall be outlined with clearly visible lines of 2 inches (5 cm) wide which shall be considered as part of the playing area.
 - The two longer lines shall be called *side lines* and the two shorter lines shall be called *end lines*.
 - The court shall be divided into two equal zones, divided by a *centre line* parallel to the end lines.
 - On the side line, 16 ft (5 metres) away from the end line and perpendicular to the side line, there shall be two lines in each of the zones that are called *starting lines*.
 - Around the court (court's perimeter) there shall be a space of at least 6.5 ft (2 metres) free of any obstruction.
 - On the side line and perpendicular to it, 10 ft (3 metres) away from the centre line, both zones of the playing court shall be signaled with two lines determining the *scorer's table*.
 - A visible line called the *penalty spot* shall be marked 32 ft (10 metres) away from the end line and equidistant from the side lines of the court, in the same direction of the goalposts.



1.2 GOALPOSTS

- **Amount:** There shall be two (2) goalposts on the playing court, one (1) in each of the zones, and they shall be assigned for each team through a toss at the beginning of the game or at the beginning of the overtime (if applicable). The goalpost where a team scores is the opponent's; the goalpost a team defends is the proper team's goalpost.
- **Location:** Goalposts shall be within the playing court, one in each zone, 16 ft (5 metres) away from the end line and equidistant from the side lines.
- **Size and Height:**
 - For Adults, U-17, U-14 and U-12 categories, the goalposts shall be 10.8 ft (3.30 metres) high and the basket itself shall have an internal diameter of 19.6 in (50 cm).
 - For the U-10 category, the goalposts shall be 9.1 ft high (2.80 metres) and the basket itself shall have an internal diameter of 19.6 in (50 cm).
- **Features:**
 - The basket itself is made of a stable and resistant material, as shall be the post firmly stuck to it, and shall form an only piece altogether.
 - The basket shall have two metal rings (lower and upper); both shall be of the same diameter.
 - The basket shall be (where possible) orange in contrast with the post's colour.
 - It shall compulsorily have a net fitted to the rings in order to see the passing of the ball through it.
 - Each post shall be coated by a cushioned protector of no less than 6.5 ft (2 metres) high, thus preventing players from having injuries proper of the game movements.



1.3 THE BALL

- ***Measurement and Size:***

- For Adults, U-17 and U-14 categories, the ball has a circumference of 20.8 in (53 cm) or 21.6 in (55 cm) and weighs between 25.75 ounces (730 gr) and 26.5 ounces (750 gr).
- For U-10 and U-12, the ball has a circumference of 18.9 in (48 cm) or 19.6 in (50 cm) and weighs between 21 ounces (600 gr) and 23 ounces (650 gr).

- ***Features:***

- The ball is round.
- It is made of leather or other similar material.
- It shall be hard enough to preserve its spherical shape and may be changed during the course of a game according to the umpires' opinion.
- The ball shall be composed of materials that guarantee no continuous bounces of it.
- ***The ball shall be made official.***



1.4 SUBSTITUTION BENCH

The substitution bench shall always be located towards the defence area of the team, no less than 6.5 ft (2 metres) away from the ***side line*** and between the ***end line*** and the ***starting line***, on the same side as the scorer's table. This bench is only reserved for the team members (players and coaching staff) and any person not registered as either of these must not stay in it. If this rule is not complied with, the unregistered person on the bench shall be penalized with a ***red card*** (expulsion).

2. TECHNICAL ELEMENTS

2.1 CLOCK

There shall be an electronic or automatic clock that controls the playing time.

The interval and time-out may be timed by means of a manual stopwatch that shall be checked by the two teams' table officials.

- *Features:*

- The game clock shall reflect the stoppages and starting of the playing time by pressing a button, and must have a loud horn in order to signal the beginning and the end of each period of the game.
- The horn at the end of the regulatory time of the game shall be automatically set. The game may be extended only in case of events covered by the rules later outlined in this text.
- The clock shall start at 20 minutes, 15 minutes, and 10 minutes and go down to 0.

2.2 SCORESHEET

The scoresheet is a document in triplicate for the recording of all the events of the game. Once the game ends, the original sheet goes for the tournament organiser, the duplicate goes for the visiting team, and the triplicate is for the home team.

The scoresheet must record the following items:

01. Number of the official scoresheet.
02. Name of the tournament.
03. Age category.
04. Date.
05. Location.
06. Starting time of the game.
07. Player's licence number.
08. Player's shirt number.
09. Player's surname and name.
10. Player's signature.
11. Captain's signature and shirt number.
12. Timekeeper's and scorer's surname, name and signature.
13. Head coach's, physical trainer's and assistant coach's name, surname and signature.
14. Umpires' surname, name and signature.
15. Third umpire's surname, name and signature.
16. Fouls and penalties.
17. Suspensions.
18. Time-outs.
19. Score progression.
20. Partial and final scores.
21. Remarks.

2.3 FOUL MARKERS

At the scorer' table, there shall be six (6) foul markers with numbers 1 to 4 in **black** on a white background, and with numbers 5 and 6 in **red** on a white background. These markers must be clearly visible and shall be handled by the scorer. Numbers should go on **both sides** of each marker.

2.4 SCOREBOARD

There shall be a scoreboard indicating the partial score and the final one. It must be clearly seen by the people at the scorer's table, the players, the coaching staff and the spectators of the game. It may be a part of the clock device or be manually operated by the home team.

Clarification:

- All the equipment must be provided by the home team.
- There may be a period of 15-minute tolerance at the beginning of the game in case any inconvenience with the technical equipment must be fixed. Whether the issue is not fixed, the home team shall lose the game.
- In case a technical issue arises once the game has started, which hinders the normal course of the game, or if the reasons for the inconvenience are out of the responsible party's control, the game shall be suspended. In the *Remarks* section of the scoresheet, the reasons for the suspension, the lapse during which the game was suspended and the team in possession of the ball at the moment of the suspension must all be recorded. The tournament organisers must be informed of all this and shall be in charge of rescheduling the game. The *remaining time* of it must be played with the transcription of the *original* scoresheet in the place and time determined beforehand (a *new scoresheet* must be done by copying on it the *original* data from the previous one: same players, same number of fouls, time-outs, cards and each team's score).
- If the inconveniences that arise are out of the responsible party's control and prevent the game from starting, it shall be suspended and the organisers of the tournament must be informed, and asked to reschedule the game.

2.5 SCORESHEET FORMAT

C1

Tournament:
 Section: Category: Group: Round:
 Place of the game: Date: / / Time:

HOME TEAM										FOULS		Penalties		Suspensions																			
Licence No.	Name and Surname		Signature		Nº	1	2	3	4	5	6	OUT	IN																				
1	6	11	16	21	26	31	36	41	46	51	56	61	66	71	76	81	86	91	96	101	106	111	116	121	126	131	136	141	146	151	156	161	166
2	7	12	17	22	27	32	37	42	47	52	57	62	67	72	77	82	87	92	97	102	107	112	117	122	127	132	137	142	147	152	157	162	167
3	8	13	18	23	28	33	38	43	48	53	58	63	68	73	78	83	88	93	98	103	108	113	118	123	128	133	138	143	148	153	158	163	168
4	9	14	19	24	29	34	39	44	49	54	59	64	69	74	79	84	89	94	99	104	109	114	119	124	129	134	139	144	149	154	159	164	169
5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100	105	110	115	120	125	130	135	140	145	150	155	160	165	

VISITING TEAM										FOULS		Penalties		Suspensions																			
Licence No.	Name and Surname		Signature		Nº	1	2	3	4	5	6	OUT	IN																				
1	6	11	16	21	26	31	36	41	46	51	56	61	66	71	76	81	86	91	96	101	106	111	116	121	126	131	136	141	146	151	156	161	166
2	7	12	17	22	27	32	37	42	47	52	57	62	67	72	77	82	87	92	97	102	107	112	117	122	127	132	137	142	147	152	157	162	167
3	8	13	18	23	28	33	38	43	48	53	58	63	68	73	78	83	88	93	98	103	108	113	118	123	128	133	138	143	148	153	158	163	168
4	9	14	19	24	29	34	39	44	49	54	59	64	69	74	79	84	89	94	99	104	109	114	119	124	129	134	139	144	149	154	159	164	169
5	10	15	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100	105	110	115	120	125	130	135	140	145	150	155	160	165	

H	V	UMPIRES				THIRD UMPIRE			
First Period		Name:	Name:	Signature: Lic. No.	Signature: Lic. No.	Name:			
Second Period									
First Overtime									
Second Overtime									
Final Result									
WINNER									

Remarks:

OFFICIALS

2.5 MATCH OFFICIALS

3.1.1 Umpires

- The game shall be conducted by two or three impartial umpires who must be designated by the Technical Committee of the tournament.
- Umpires shall have the same rights and duties, and shall conduct the game in accordance with these Regulations, and *have no authority to change them*.
- The umpires shall wear suitable uniforms (sports shoes and sports outfit).

3.1.2 Duties, powers, rights and responsibilities.

1) Before the game:

- The authority of umpires shall start fifteen (15) minutes before the scheduled time of the match, when they arrive at the playing field. Their powers end within an hour from the end of the game. Any irregular situation occurring in such period of time may be informed by umpires to the organisers of the tournament.
- Umpire's arrival may happen up to fifteen (15) minutes later than the established time of the match. Once this period elapses, the third umpire (if they were designated) may substitute the absent umpire; if there is no third umpire, the game must be rescheduled. The same procedure shall be followed if, during a game, one of the umpires cannot continue performing their duties on reasonable grounds. These contingencies of a game shall be recorded in the Remarks section of the scoresheet.
- Umpires shall verify the licences of the following: players, head coaches, physical trainers and assistant coaches, scorer and timekeeper involved in a game.
- They shall review and approve all the equipment and technical elements that are to be used during a game.
- Umpires shall also select the ball to be used in the game, which is one of the two best quality balls provided by the **home team**. In case none of the balls proves suitable for the game, umpires may choose the best ball among those available. Otherwise, the home team may lose the game.
- Umpires shall prevent players from using any elements that may cause injuries to other players or themselves.
- They shall make the toss (between the two captains of the teams) in order to define which team starts the game in possession of the ball and which of the goalposts goes for each team. After the toss, players of both teams greet among themselves.

FOOTBALL

2) During the game:

- Umpires shall have the authority to end a game on reasonable grounds.
- They shall decide when a ball is live or dead, which team must have the possession and when a team scores one (1), two (2) or three (3) points.
- They shall impose appropriate penalties each time the rules of the game are not complied with.
- They shall suspend a game in case of accidents or unforeseen circumstances.
- In the scoresheet, the section named REMARKS is where umpires shall register the following:
 - a) The penalizations (cards) corresponding to players, coaching staff, table officials and spectators, by stating the shirt number of players and the team they belong to.
 - b) Any uncommon aspect required by head coaches, which at umpires' discretion shall be informed to the event organisers. These uncommon aspects must be briefly recorded and clarified to the requesting party through the corresponding means.
 - c) The technical fouls committed by table officials and coaching staff by clarifying the team they belong to and the reasons for the penalization.
 - d) The suspension of the game on reasonable grounds, by stating the reason why and the time a game was ended, in order to consider its rescheduling.
 - e) Any information that is relevant to the organisers.
- Umpires shall signal the end of the first and second period of the game immediately after hearing the clock horn, unless a foul is penalized at the same time the horn sounds, which requires a player throwing to the goalpost (free throw or penalty). In such a situation, the throw must be performed and after that the period or the game shall be deemed ended.
- At the end of the first and second period, umpires shall take the official playing ball to the scorer's table.
- Each umpire shall have the same powers during the game to make decisions within the scope of their responsibilities; however, they ***SHALL NOT have the authority to ignore or question decisions made by the other(s) umpire(s).***
- They shall have the authority to make decisions on any aspect not expressly covered in these regulations.
- When deciding if a personal contact or a violation may be penalized, umpires shall consider, in each case, the following basic principles:
 - a) The spirit and aim of the rules, and the need to preserve the integrity of the game.
 - b) Coherence when exercising common sense in each game, by taking into consideration the talent of the players involved, their attitude and behaviour during the game.
 - c) Coherence to keep balance between the conduction of the game and the flow of it.
- Umpires may require the withdrawal of one, several or all spectators hindering the normal course of the game, and the game shall be resumed once the withdrawal becomes effective. In case the requirement is not fulfilled, the scoresheet shall be "closed" and sent to the competent authority together with a relevant report, showing the existing scores up to the closing of the sheet.

3) After the game:

- At the end of the game, umpires shall take the official playing ball to the scorer's table.
- They shall inspect the scoresheet in detail at the end of the playing time and every time they deem necessary.
- They shall sign and approve the scoresheet at the end of the game. This is their concluding role in relation to it.

Whenever the head coaches, assistant coaches, physical trainers or table officials engage in unsportsmanlike conduct, the umpires may do as follows:

1. ***To issue a warning through a yellow card***, if the attitude in question is not expressly aggressive.
2. ***To proceed to expulsion through a red card***, and the expelled person(s) must leave the playing enclosure. The game shall be resumed only when the expulsion is complied with.

3.1.3 Third umpire

- They shall be part of the match officials. They shall be designated by the Technical Committee or organiser of the tournament, and they shall assist the other two umpires of the game.
- They shall actively participate in the definition of **legal** situations, such as numerical imbalance, player substitutions, technical fouls and unsportsmanlike situations.
- The third umpire shall verify the actions happening at the scorer's table and penalize the scorer and timekeeper when necessary during the development of their functions.
- The third umpire shall be the last one to sign the scoresheet in a special place reserved for them.
- At the end of the game, they shall distribute the scoresheet copies.

3. TABLE OFFICIALS

- There shall be two Table Officials, one on behalf of each team.
- They shall aid the umpires.
- They shall be responsible for the notes made when preparing the scoresheets, so any mistake during the making of them shall be penalized through a *technical foul* for the table official of the corresponding team.
- If a team's table official does not appear at the time of the game or up to fifteen (15) minutes of its scheduled time (the same 15-minute tolerance that teams have to appear at the playing court in order to start the game), said team shall be deemed loser. That must be recorded on the Remarks section of the scoresheet.
- Before the beginning of the game, each one of the table officials shall record the following on the scoresheet:
 - ✓ Players' surname and name.
 - ✓ Players' licence number.
 - ✓ Timekeeper's and scorer's surname, name, and licence number, as applicable.
 - ✓ Head coach's surname and name, and licence number.
 - ✓ Physical trainer's surname and name, and licence number.
 - ✓ Assistant coach's surname and name, and licence number.

3.1 TIMEKEEPER

Home team's table official shall act as the *timekeeper*, who is responsible for measuring the playing time through the game clock. Their role:

- To aid the umpires.
- To sign the scoresheet before the start of the game.
- To signal the beginning of the game by means of the loud horn or a whistle *simultaneously* with the pressing of the start button of the game clock.
- To check the playing time.
- To measure the time-outs (60 seconds) requested by head coaches and to inform the umpires when they end.
- To measure the interval between the first and the second periods of the game, which shall be a 5-minute lapse, and to inform the umpires when it is over.
- To stop the game clock every time the umpires request so.
- The timekeeper *shall stop* the game clock every time the following happen:
 - A goal is scored.
 - The ball is out of the court boundaries.
 - Cards are used to penalize somebody.
 - A personal foul is penalized:
 - ✓ Through a ball throw to the goalpost:
 - From the place the foul was committed.
 - From the penalty spot.
 - ✓ Through a pass:
 - Free throw from the penalty spot.
 - ✓ Technical throw to the goalpost.
 - Due to a table's official foul.

- Due to a coaching staff foul.
- ✓ A red card penalization.
- ✓ For moving the goalpost (only by a defending player done unintentionally).
- Somebody requests a time-out.
- Whenever the umpires request so.

- The timekeeper shall ***resume*** the playing time as follows:

- When the player continuing the game releases the ball.
- If two (2) free throws are indicated, the playing time is resumed during the second free throw.

Clarification:

- In the cases of “Technical throw” and “red card”, the act of throwing the ball to the goalpost is performed with the game clock stopped; the clock is then resumed when the player releases the ball from the place where the foul originating the penalization was signaled.
- By means of every available element, the timekeeper must guarantee to make the sound signaling the end of the playing periods clearly audible and automatic in order to inform the umpires.

3.2 SCORER

Visiting team's table official shall act as the ***scorer***, who is responsible for taking written records of the game. Their role:

- To aid the umpires.
- To sign the scoresheet before the start of the game.
- ***Before the beginning*** of the game, the scorer shall register on the scoresheet all the information detailed in 2.2, except for that relevant to the timekeeper.
- They shall register, ***during the match***, as follows:
 - Goals scored by each team.
 - Personal fouls.
 - Time-outs (by making clear which of the teams request them).
 - They shall raise the foul markers and show the number of fouls a player commits, making the markers clearly visible for players, coaching staff and spectators.
 - Players' suspensions.
 - They shall signal the end of each game period by making a circle around the latest score obtained by the teams.
 - They shall register the goals scored by each team and shall state the scores at the end of both periods of the game.
 - They shall signal the foul boxes and time-outs used by each team at the end of the periods.

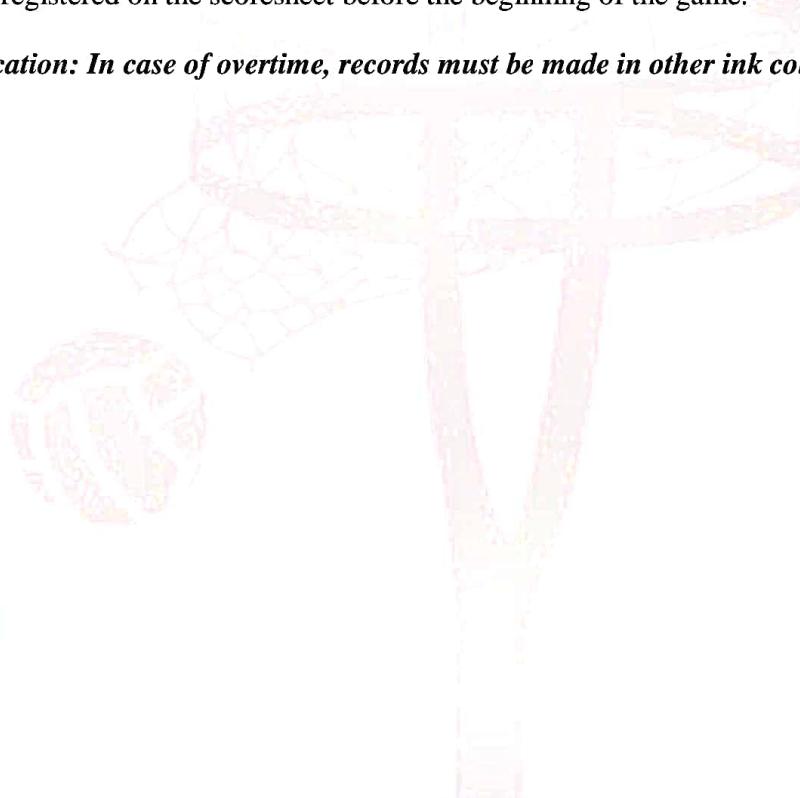
- When the game ***ends***, they shall register the following information:

- The last goals scored by each team shall be signaled with a circle.
- The final score of the game.
- The name of the winner.
- The scorer shall also cross out the empty foul, penalties, suspensions, time-outs boxes, and goals not scored.
- They shall cross out all blanks, except those meant to be used by the umpires (i.e. **Remarks**).

- They shall use the whistle, ***when the ball is dead***, for the following:

- To request a time-out (signaling with their hand which team request it).
- To signal a penalty throw must be executed.
- To signal a player must leave the game after committing their sixth (6) personal foul.
- To inform there exists a problem at the scorer's table (in case it is about a certain event during the game, umpires' opinion is required).
- To inform there exists a difference between the scoresheet register and the goals shown on the scoreboard. (*The information on the scoresheet shall prevail*).
- To check and inform the umpires if a player entering the playing court has not registered on the scoresheet before the beginning of the game.

Clarification: In case of overtime, records must be made in other ink colour.



4. TEAMS

4.1 NUMBER OF PLAYERS

- Each team shall be composed of a maximum of fourteen (14) players registered at the List of Team Members.
- In the scoresheet, and per game, each team may have twelve (12) players entitled to play, with six (6) players at the court (at the start of the game) and up to eight (8) at the substitution bench.
- Each team shall have a minimum of eight (8) players in order for the game to start.
- If twelve (12) players are registered at the scoresheet but only eight (8) of them are present at the time of the game, the remaining players may join later and play during the course of the game, and sign the scoresheet at the end of one of the game periods.
- If fifteen (15) minutes have elapsed from the scheduled time of the game and one of the teams is not composed of at least eight (8) players, who have signed the scoresheet and are thus entitled to play, the other team shall be the winner.
- If none of the teams has eight (8) players entitled to play after fifteen (15) minutes have elapsed from the scheduled time of the game, both teams shall be losers.
- Once the game has started, each team may have not less than four (4) players at the playing court.

Player status:

During the playing time, players may be:

- ***First-team:*** A player, who is entitled to play, that starts the game at the playing court.
- ***Bench Player:*** A player at the substitution bench next to the playing court who is also entitled to play.
- ***Excluded:*** A player who has committed six (6) fouls and is no longer entitled to play, but may still sit at the substitution bench.
- ***Not licenced to play the game:*** A player included in the List of Team Members but not registered at the game scoresheet. A maximum of two (2) of these players may be at the substitution bench, who are liable to be penalized (cards) by means of the same type of fouls as the rest of the substitute players.
- ***Expelled:*** A player who has been penalized with a red card and, hence, is no longer entitled to play. An expelled player may not stay at the playing enclosure. If they deny to leave, umpires shall not resume the game, and the player's team shall be the loser.

4.2 CAPTAIN

- Each team shall obligatorily have one (1) captain at the playing court.
- They shall sign the scoresheet before the start of the game in the corresponding place.
- They shall represent the team and be the only player who may communicate in a courteous manner with the match officials.
- They shall wear a clearly visible 5 centimetre wide band in one of their arms, in a colour contrasting the uniform colour. In case of leaving the playing court, they shall be replaced by another player who shall take the band. In case the captain enters the court again, they shall retake the band.
- In case the team has no head coach, the captain may perform their role from inside or outside the court, thus serving both functions.
- A captain performing one or both functions is not obliged to be one of the six (6) first-team players.

4.3 SHIRT NUMBERS

- Numbers on the shirt may be from one (1) to fifteen (15).
- The number colour shall contrast the shirt colour.
- The position of numbers on the shirt shall be as follows:
On the back, in the centre of the shirt, they shall be 7.8 in (20 cm) high and proportional to the shirt width.
On the front, in the centre of the shirt, they shall be 3.9 in (10 cm) high and proportional to the shirt width.

4.4 UNIFORMS

- All team members shall wear identical uniforms (shirts, cycling shorts and socks).
- Home team shall be responsible for changing shirts if both teams have similar shirt colours, and shall make sure teams have clearly different shirt colours. In case home team cannot comply with this requirement, they shall be the loser.

4.5 AGE CATEGORIES

The following categories shall apply for world, Pan-American, South American, national, provincial or regional tournaments:

- **Adults:** Players who are or turn eighteen (18) years old, or older, at the time of the tournament (subdivisions may apply at a country's discretion).
- **U-17:** Players aged fifteen (15) to seventeen (17) during the calendar year of the tournament.
- **U-14:** Players aged thirteen (13) and fourteen (14) during the calendar year of the tournament.
- **U-12:** Players aged eleven (11) and twelve (12) during the calendar year of the tournament.
- **U-10:** Players aged ten (10) or younger during the calendar year of the tournament.
- **Senior:** Players who are thirty (30) years old or older during the calendar year of the tournament.

CLARIFICATION: During tournaments, players from the immediately lower category may be included in the List of Team Members. This shall not apply for the Senior category.

5. COACHING STAFF

Coaching staff may be composed of a head coach, an assistant coach, a physical trainer and a medical official.

5.1 HEAD COACH

- The **head coach** shall be responsible for conducting and organising the team.
- They shall be responsible for making player substitution.

5.2 ASSISTANT COACH

The **assistant coach** shall be secondary to the head coach and may conduct the team during the game; also they may replace the head coach when absent. They shall have the same rights and duties as head coaches.

DUTIES:

The **head coach** and the **assistant coach** shall be responsible for:

- Signing the scoresheet before the start of the game.
- Giving directions to players during the game but not hindering the umpires' point of view nor that of the people at the scorer's table.
- They shall be the only members of the coaching staff who may move from the **scorer's table** (10 ft [3 m] away from the centre line) towards their team's defence zone, and along the whole side line opposite the scorer's table.
- Under no circumstance shall they enter the playing court without umpires'

- permission.
- If the aforementioned limits are not respected, the head coach/assistant coach shall be penalized with a technical foul.
 - They shall not communicate with the umpires in any situation.
 - When the ball is dead, they are the only ones responsible for requesting information at the scorer's table (such as match statistics) provided they communicate politely and do not interfere with scorer's table's functions. If other person approaches the scorer's table, information shall not be provided.
 - If the head coach/assistant coach includes an **Excluded** player in the game, said conduct shall be considered unsportsmanlike and they are to be penalized with a red card. Their team shall also lose the game.

5.3 PHYSICAL TRAINER

The **physical trainer** is responsible for the team's physical training. They shall sign the scoresheet before the beginning of the game. They must not communicate with the umpires in any situation. They must not give directions to players during the game. Like the rest of the coaching staff, they shall behave politely during the course of the game since they may be penalized by means of the same fouls as the head coach and assistant coach.

5.4 MEDICAL OFFICIAL

The **medical official** may sit at the substitution bench provided they show their licence and are certified by the tournament organiser. ***They can only engage in situations requiring their intervention, with no other kind of participation.*** They shall be liable to the same fouls as the head coach, assistant coach and physical trainer.

6. PLAYING REGULATIONS

6.1 SCORE

7.1.1 Validation of goals

A goal *is valid* when: The ball enters the upper ring of the goalpost and passes through the net entirely, either falling to the floor or being retained at the base of the basket itself.

A goal *is not valid* when:

1. The ball enters the upper ring and gets stuck at the lower ring level (jump ball rule).
2. The ball enters the upper ring, hits the base of the basket itself and gets out over the upper ring.
3. If it is scored in a direct action when resuming the game.
4. If it is scored in a team's own goalpost (defence zone).
5. If the player at the jump ball situation catches the ball and scores a goal without making any passes.
6. In all these cases, the game continues, without interruption, through the player that gets the ball, *except for 1.*

7.1.2 Value of goals

Goals that count *one (1) point*:

- ✓ All goals scored during the game in the ***U-10*** age category.
- ✓ During the penalty shootout.

Goals that count *two (2) points*:

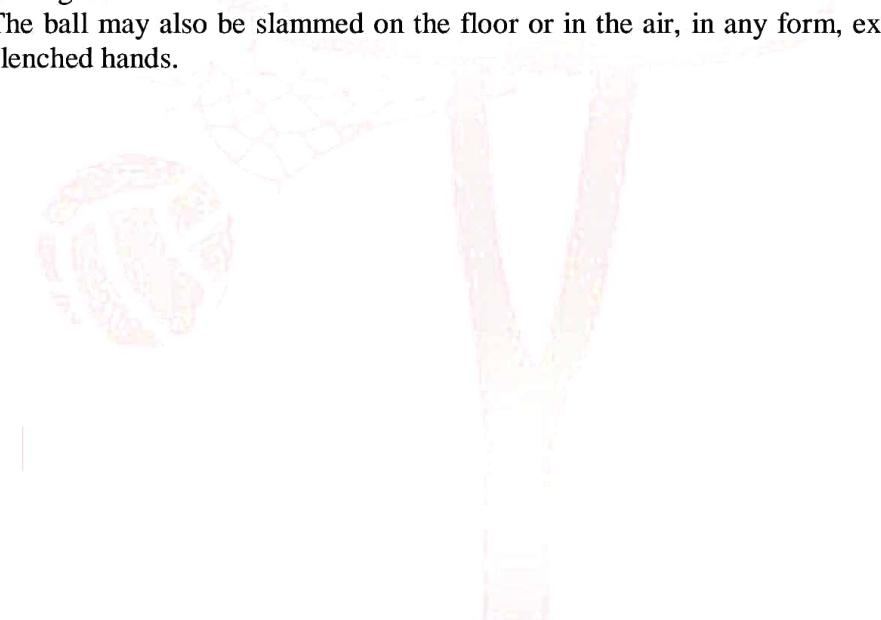
- ✓ Goals scored during the game that are released in the ***attacking zone***.
- ✓ The penalty free throw scored from the penalty spot with a direct throw.
- ✓ The direct throw scored from the penalty spot (after the defending players unintentionally move the goalpost).
- ✓ The direct free throw scored (after a foul is committed to a player trying to score in the attacking zone).
- ✓ The technical throw scored.

Goals that count *three (3) points*:

- ✓ Goals scored during the game that are released from the ***defence zone***.
- ✓ The direct free throw scored from the ***defence zone*** (after a foul is committed to a player trying to score).
- ✓ The free throw scored from the penalty spot (when there is a ***red card penalization***).

7.2 LEGAL FORMS OF PLAYING THE BALL

- The ball is considered **live** when it is touched or received with one or both hands, and shall be played for as long as a team wish, provided that each player passes the ball before the three-second-hold elapses.
- The ball shall only be touched with hands, wrists and/or forearms.
- If a *live* ball, either passed or thrown, gets in touch with any part of the goalpost, the player is entitled to make a new pass or throw. This does not apply when the playing time is stopped due to a foul and the action continues with a free pass.
- The ball may be passed when the player is on their knees, sitting or lying on the floor, and none of these situations shall allow a player to ask for the game to be stopped in order to get on their feet again.
- If the ball is played by picking it from the floor *with one or both hands* and it falls again, it may be slammed, moved or held again *with one or both hands only once*.
- If the ball, once it is touched or received, falls to the floor, the same player may take, pick or move it from the floor *only once with one or both hands*.
- If the ball is on the floor, the player may lean on it with *one or both hands* (provided they do not move it from the original place) and then pick it up with *one or both hands*.
- The passing distance between two teammates shall be at least 6.5 ft (2 metres) *at the moment of passing the ball*, from the most distal side of the player that passes it to the most proximal side of the player that receives it.
- The ball must be picked from the floor through a *clear and precise* movement; when it is on the floor, it must not be applied any kind of movement, such as sliding or turning it.
- The ball may also be slammed on the floor or in the air, in any form, except with clenched hands.



7.21 Fouls committed when playing the ball

- **Three-second-hold:** When a player does not release the ball after three seconds holding it.
- **Ball-Body contact:** When the ball is live, it must not be in touch with any part of the body other than hands, wrists and/or forearms.
- **Three taps:** It occurs when the ball is picked from the floor more than once in a row, when it has been touched in the air or held previously.
- **Shifting:** If the ball is on the floor and a player leans on it and moves it before picking it.
- **Short passing distance:** When *the ball is passed* between two teammates who are less than 6.5 ft (2 metres) apart.
- **Self-pass:** After *controlling* the reception of the ball, a player **MUST NOT** make a self-pass in order to make a forward movement.
- **Pass to the post:** When resuming the game after a foul has been committed (free pass), the ball thrown to the post **SHALL NOT** entitle the player to throw the ball in order to score; if the throw is nevertheless scored, the goal shall **NOT** be valid and the game shall continue normally, the same as after missing a goal.

In all these situations, the game is resumed by the opponent team (any player) with a free pass from where the foul was committed.

7.3 TRAVELLING

When in possession of the ball, the player may only move their feet according to the following footwork restrictions:

- a) When the player receives the ball in a *still position* (both feet in contact with the floor), they may do as follows:
 - Make one step and release the ball.
 - Make one step and make another step with the same foot in other direction (pivot).
 - Jump holding the ball and release it before or after coming in touch with the floor.
 - Make two steps and release the ball.
- b) When the player receives the ball *by landing one foot simultaneously*, they may do as follows:
 - Make one step with the other foot and release the ball.
 - Make one step with the other foot and make a pivot with this same foot (i.e. other direction) and release the ball.
 - Jump and land with both feet, simultaneously, in the same line or a different one, and release the ball.
 - When the ball is received with simultaneous landing of one foot or both feet, the player can make two (2) steps and release the ball.
- c) When the player receives the ball *in the air*, they may:
 - Land one foot, then land the other and release the ball (two-step pace).
 - Land one foot, then land the other and make a step with the latter in another direction, and release the ball.
 - Land one of the feet and then land both simultaneously at the same or

different line, and release the ball.

- Land both feet simultaneously at the same or different line and make two steps in the same or different direction, and release the ball.
- Land with both feet, simultaneously, in the same line or a different one, make a (1) step in the same or different direction and release the ball.
- Land with both feet, simultaneously, in the same line or a different one, make a (1) step in the same or different direction, and make another step with this same foot in a different direction, and release the ball.
- Land with both feet simultaneously at the same or different line, land both feet simultaneously again, at the same or different line, and release the ball.

*If the pivot foot is dragged by continuing the play, this action **SHALL NOT** be considered travelling.*

*Travelling shall **NOT** be penalized if the player gets up from the floor by not moving the feet in contact with it.*

In case the previous restrictions are not complied with and the ball is passed in ways other than those permitted, travelling shall be penalized and the game shall resume with a free pass of the opponent team from the place the foul was committed.

TRAVELLING SHALL OCCUR WHEN: The player in possession of the ball:

- Slides their feet.
- Moves one foot when resuming the game after a stop (per foul, goal, start of the period, etc.).
- In the jump ball situation, the player moves before the jump itself is performed by the umpire (jump rule violation).
- From the floor, the player moves or lands their feet to get up.
- From the floor, the player slides their body.
- When starting a play from the outside boundary of the court, the player makes one step.

7.4 PERSONAL FOULS

7.4.1 Legal forms of guard

The following are the legal forms of guarding:

- Without hindering the opponent player's movement, with one or both hands.
- In a still manner or while running.
- In front of, next to or from the back of the opponent player, with one or both hands (without aggressive movements).
- Personal guarding or distance guarding.
- Guarding a player who is/is not in possession of the ball.
- Without hindering or restricting the opponent player's eyesight when they receive the ball or make a throw to the goalpost.
- The player starting a play may be guarded from 6.5 ft (2 metres) away until the moment they release the ball.
- A player may be guarded by one or more opponent players.

7.4.2 Fouls committed when guarding: Fouls

Fouls shall be penalized when the legal forms of guard are not respected.

Fouls may be committed with any part of a player's body to any part of the opponent player's body.

There exist two categories of fouls:

1. **Regular fouls:** are those committed during the game, deliberately or accidentally.
2. **Disqualifying fouls:** are those which may affect the physical integrity of a player or when a player displays unsportsmanlike conduct.

Clarification:

- ✓ The umpire is responsible for assessing the intensity and/or degree of foul aggression, and for penalizing through the type of card deemed necessary according to the severity.
- ✓ If it is a major foul, the umpire may omit the **yellow card** and directly display **yellow and red card** (a three-minute suspension) or, if it is a very serious foul, they can display a **red card** (expulsion).
- ✓ When a player commits a **disqualifying foul**, they shall be expelled by means of a **red card** with no right of substitution.
- ✓ Fouls may be committed as follows:
 - To a player in possession of the ball or not.
 - To a player who is making a pass.
 - To a player who is throwing to the goalpost.
 - By hindering a player's path.
 - By totally or partially blocking a player's eyesight at the moment of ball reception, the pass or the throw of the ball.
 - By aggressively slamming or taking away the ball from a player.
 - By interfering in the line of path of the opponent player, either at the start of it or once it is on.
- ✓ It is a defender's foul if a player intentionally interferes with the path

- of the opponent player, thus hindering their forward move.
- ✓ It is an attacker's foul if the attacking player pushes the defender out of their defence line.

When screening if:

- ✓ The player who is screening or being screened puts their arm, elbow or any part of the body on the opponent's body in order to prevent them from going past.
 - ✓ The player who is screening moves forward and prevents or hinders the opponent's path.
 - ✓ The opponent, in order to go past and void the screen, hinders a player's path or pushes them.
- If the foul is committed when ***throwing the ball to the goalpost*** (the player's arm started the move to release the ball), the scored goal shall be ***valid*** (counts two [2] or three [3] points, as per the location of the player throwing it) and the game shall be resumed from the starting line of the team receiving the goal.
 - If the foul is committed at the same moment as a ***throwing action from the defence zone*** and the goal is missed, the player shall opt to perform either a direct free throw to the goalpost that counts three (3) points if scored (from the place where the foul was committed) or a free pass.
 - If the foul is committed at the same moment as a ***throwing action from the attacking zone*** and the goal is missed, the player shall opt to perform either a direct free throw to the goalpost that counts two (2) points if scored (from the place where the foul was committed) or a free pass.
 - If a foul is committed at the same moment as a ***throwing action from the attacking zone*** (being a fifth or sixth foul) and the goal is missed, the player may opt to make a direct free throw to the goalpost from the place the foul was committed or from the penalty spot (counting two [2] points) or continue the play through a free from the places of the court described above.
 - If a foul is committed at the same moment as a ***throwing action from the defence zone*** (being a fifth or sixth foul) and the goal is missed, the player (a) may make a direct free throw to the goalpost (counting three [3] points) from the place the foul was committed or (b) continue the play through a free pass, or (c) choose to make a direct free throw to the goalpost from the penalty spot (counting two [2] points).

7.4.3 Number of fouls

Each player may commit a maximum of six (6) fouls.

From the first (1) to the fourth (4) personal foul, the game shall be resumed from the place where the foul was committed, and the fifth (5) and sixth (6) fouls shall be sanctioned with a throw from the penalty spot (save in case the foul was committed when the player was throwing the ball).

When a player reaches the maximum amount of permitted fouls, they shall leave the playing court and may be substituted.

After a regular foul, the play may be resumed by any of the opponent players from where the foul was committed.

7.4.4 Types of fouls

Regular fouls: *From first (1) to fourth (4):* They shall be recorded on the scoresheet and any opponent player may resume the play through a pass or a throw (as per the case).

Penalty fouls: *From fifth (5) to sixth (6):* They shall be recorded on the scoresheet and any opponent player may resume the play from the penalty spot (or, if the foul was committed during a throwing action to the goalpost, from the place where the foul was committed or penalty spot, as per option, through a pass or a throw to the goalpost).

When a player reaches the maximum amount of permitted fouls, they shall leave the playing court (without the right to re-enter) and may be substituted.

Disqualifying fouls: The umpire shall signal the violation with a **red card**; the player shall be expelled from the playing court and shall not be substituted. Any player from the opponent team shall perform a direct free throw to the goalpost from the penalty spot (without right of rebound) as a result of the expulsion. If the goal is scored, it counts three (3) points. Then said team resumes the game from the centre line of the court, on the defence zone, through a free pass.

Clarification:

- When the umpire penalizes a foul, the player shall wait for it to be recorded at the scorer's table and for the umpire to resume the play.
- When a foul is penalized, the ball becomes dead.
- When the umpire validates a goal, the ball must fall to the floor naturally, that is, without any player of the scoring team touching, slamming or retaining it.

7.4.5 Multiple fouls and simultaneous foul

- a) **Multiple fouls:** The ones committed by two or more players from the same team against an opponent player. If fouls are recorded as *penalties*, they shall be executed, in the first place, directly to the goalpost *without right of rebound*, except for the last one, when the player may choose to either pass or throw the ball.
- b) If the multiple foul is committed at the same time as a *throwing action to the goalpost*, the corresponding free throws to the goalpost must be executed, from the place the foul was committed or the penalty spot, as per options (the first ones shall be direct throws and the last one may be a direct throw or pass).
- c) **Simultaneous fouls:** If two players from different teams commit simultaneous fouls, a jump ball situation is determined, regardless of the number of each player's foul, except one of them has committed their sixth (6) foul; in that case, said player shall leave the playing court and be substituted by another player, and any player may engage in the jump ball.

All fouls shall be recorded at the scoresheet.

7.4.6 Ways of performing free-throws to the goalpost

Throws to the goalpost and the penalty throw are sanctions that are executed without any obstacles: the player resuming the game shall be entitled to throw or pass the ball.

- During the free throw or the penalty throw, players of both teams shall locate at least 6.5 ft (2 metres) away from the player who shall resume the play and 6.5 ft (2 metres) away from the goalpost; they shall not stand in the direct line of throw to the goalpost and may enter the 2-metre-area once the player releases the ball.

IF THIS DISTANCE RULE IS NOT

***RESPECTED: ON THE
PART OF A DEFENDING
PLAYER:***

- If the goal is scored, it is valid.
- If the goal is missed, the execution shall be repeated.

ON THE PART OF AN ATTACKING PLAYER:

- The throw shall be null and the opponent team shall resume the play from the place where the foul was committed.

ON THE PART OF BOTH TEAMS:

- The throw shall be null and a jump ball must be performed where the foul was committed.
- The attacking team may not execute a free throw to the goalpost when the

ball must become live after a regular foul of the defending team.

- When executing the free throw to the goalpost, a player may not move their feet in any direction (travelling); the throw must be performed from the place signaled by the referee. They may lift one or both feet provided they release the ball before the feet come into contact with the floor again.
- When executing *a free throw from the penalty spot*, the player may step *over this spot but not surpass it*. If the player surpasses it, the opponent team shall resume the play from the place where the foul was committed.
- In case a *player in the rebound position* receives the ball from a direct pass and they performs *a direct throw to the goalpost*, the goal *shall not be valid* if scored.
- Players who are not in the *rebound position* (more than 6.5 ft [2 metres] away from the goalpost) shall move and receive the ball through a direct pass and throw to the goalpost.

7.5 PENALTIES FOR MOVING THE GOALPOST

- If a defending player moves the goalpost:

a) deliberately:

- They shall be expelled from the court through a *red card*.
- A direct free throw shall be performed by the other team from the penalty spot for moving the post.
- A direct free throw shall be performed by the other team from the penalty spot for the red card.
- Both throws shall be performed without right of rebound.
- The game is resumed from the centre line.

b) unintentionally:

- A direct free throw shall be performed by the other team from the penalty spot with the option of a free pass for moving the post.

In both cases (deliberately or unintentionally), if the ball was in the air and the goal is scored, *it shall be valid*.

- If an attacking player moves the goalpost:

c) deliberately:

- They shall be expelled from the court through a *red card*.
- A direct free throw shall be performed by the other team from the penalty spot for the red card.
- The game is resumed from the centre line.

d) unintentionally:

- The game shall continue normally.

If the ball was in the air and the goal is scored, *it shall NOT be valid*.

7.6 BALL OR PLAYER OUT OF THE PLAYING COURT

The ball shall be considered to be out of the playing court when:

- It surpasses *entirely* the outlying boundaries of the court (side lines and end lines).
- It comes into contact with elements outside the playing court (e.g.: scoreboard and basketball net, etc).
- The player in possession of the ball comes into contact with any place outside the playing court.

Clarification:

- A ball that is in the air surpassing the outlying boundaries of the court is live as longs as the player has one foot inside the court and the other in the air, both feet in the air or both feet touching the inner court.
- If the player in charge of resuming the play touches the court line with any part of their body, a violation is penalized and the opponent shall take the ball and same position to continue.
- If, when starting the play from outside the court, the player scores a goal directly, it *shall not be valid* and the game continues without interruption.

7.7 JUMP BALL

It is the action of making the ball live between two opponents, after a specific foul has been signaled, through a ball thrown in the air by the umpire between the two opposing players.

7.7.1 Jump ball situations

A jump ball shall be signaled when:

- a) Two opponents catch the ball simultaneously without any of them releasing it and with no violations on any of the parties.
- b) The ball gets stuck between the upper and lower rings of the basket.
- c) Two opponents commit simultaneous fouls to each other (a jump ball situation is determined from where the foul was committed and both fouls are recorded into the scoresheet).
- d) There is no clear distinction as to which team touched the ball for the last time before it went out of the court boundaries.
- e) Two opponents commit the same violation simultaneously.
- f) The umpires' judgment deems it necessary.

7.7.2 Correct ways of performing a jump ball

- **Location:** Once the jump ball is signaled, players engaging in it shall have three (3) seconds to stand in front of each other in *still* position, and the player who is in their defence zone shall be facing the opponent's goalpost (i.e. not looking at their own goalpost). The remaining players of both teams shall be at least 6.5 ft (2 metres) away from the jump ball execution and, once the ball reaches its highest peak, they shall approach.
- **Execution:** After the three (3) seconds have elapsed, the umpire shall throw the ball in the air between the two players, who may catch, touch or slam it with one hand, once or more in the air, when the ball reaches its highest peak.
From that moment on, the ball becomes live.

7.7.3 Fouls committed during the jump ball

- Touching or slamming the ball before it reaches its highest peak.
- Punching or catching the ball in the air with both hands.
- Committing a foul during the jump ball execution.
- When the ball touches any part of the body of players executing the jump ball.
- When the player engaged in the jump ball moves at the moment of its execution.
- When any other player not engaged in it catches the ball without respecting the distance rule at the moment of the execution.

In all cases, the ball is awarded to an opponent player from where the foul was committed, and the play resumes with a free pass. This shall not apply when it is the player's fifth or sixth foul; hence the corresponding penalty shall be executed.

Clarification:

Some considerations as regards the jump ball situation:

- If a player does not appear within three (3) seconds, the umpire shall perform the jump ball with the player that is standing in the corresponding place.
- If none of the players touch the jump ball, any of them may catch or touch it once or twice on the floor, with one or both hands.
- If any of the players engaged in the jump ball throws the ball directly to the goalpost, the goal scored in said situation shall ***not be valid*** and the game shall resume without interruptions.
- If one of the players engaged in the jump ball makes a direct throw to the goalpost and a foul is committed ***in said throwing action***, the goal ***shall not be valid***, the foul shall be penalized and there shall be a free pass, except for a fifth or sixth foul, when a penalty throw must be executed.

7.7.4 Causes leading to a new jump ball

- If the ball does not reach a higher peak than the players' jumping capacity.
- If the ball is thrown in the air in the wrong way.
- If players are not located in the right place as per the corresponding goalposts.

7.8 PLAYING TIME

7.8.1 Duration and interval

The playing time of a game shall be as follows:

- For the **Adults, U-17 and U-14 categories**: The game shall be forty (40) minutes long divided into two (2) periods of twenty (20) minutes each with an interval of five (5) to ten (10) minutes, according to weather conditions.
- For the **U-12** category: the game shall be thirty (30) minutes long divided into two (2) periods of fifteen (15) minutes each with an interval of five (5) to ten (10) minutes, according to weather conditions.
- For the **U-10** category: the game shall be thirty (30) minutes long divided into three (3) periods of ten (10) minutes each with an interval of three (3) to five (5) minutes among the periods, according to weather conditions.

7.8.2 Start and end of each period

Before the start of the game, the umpire makes a toss between the captains. The winner of the toss shall choose their defence zone or the right to start the game in possession of the ball.

In the second period, the other team shall start playing in possession of the ball.

Before the game starts, players of both teams shall meet at the centre part of the court and greet among themselves.

Bench players shall sit at their corresponding benches (where they shall stay as long as the game is being played).

The team starting the game in each of the periods shall do it from behind the area between the end line and the starting lines of their defence zone.

Before starting the second period, teams shall exchange their defence zones and bench players shall exchange benches as well.

First and second periods shall start when the loud horn goes off.

When the table officials and umpires inform the end of the interval, the team not entering the court at the right time and manner to restart the game shall be liable to a **yellow card penalization** for the whole team.

The loud horn of the game clock measuring the playing time shall signal the end of the game periods.

Clarification:

- If a foul is penalized with a *free throw to the goalpost* or a *penalty throw*, at the same time as the end of any of the game periods, the corresponding throw must be performed.
- If, at the time of the loud horn that signals the end of a period or the game, the ball is in the air and a goal is scored, *this shall be valid*.

7.8.3 Overtime

Overtime is the extra time that is played in case of a **tied score** at the end of the game.

In order to break the tie, the game shall continue as follows:

1. Two overtimes of three (3) minutes each shall be played.
2. Previously, a toss is made between the captains in order to decide either which team starts the play or the teams' defence zones.
3. For the second overtime, teams change zones with no interval.

7.8.4 Penalty shootout

In case the **tied score** persists when both overtimes end, a penalty shootout shall be performed as follows:

1. The umpires shall check together with the table officials which the players entitled to execute the penalty series are.
2. The umpire shall make a toss between captains and the winner shall choose the goalpost to use or the right to start the shootout.
3. Alternately, the penalties to be executed shall be as many as the minimum amount of players a team have inside the court.
4. During the shootout, each goal shall count one (1) point.

Clarification:

- Players available for the shootout must be those players entitled to play, i.e., not having committed six (6) fouls, not having a red card penalization or, if penalized with a yellow and red card, the three-minute-penalization must have elapsed during the overtime.
- No player shall repeat a penalty throw during the same series.
- If the shootout ends and the tied score persists, the players entitled shall execute one penalty alternately between the two teams until the tie is broken, by following the result of the previous toss. The list order may or may not be the same as the previous series.

7.8.5 Time-out

- ✓ Each team may request three (3) time-outs in all during the game. A time-out consists of a period of sixty (60) seconds at most.
- ✓ The team requesting a time-out decides if using the whole time or not. If that team does not use the whole time, the umpire must immediately resume the game.
- ✓ If one of the teams does not follow the umpire's order to resume the game, said team shall be liable to a ***yellow card (for the whole team)***.
- ✓ In the U-12 category, each team may request four (4) time-outs during the game.
- ✓ The head coach or assistant coach (if head coach is absent) or the captain (if both absent) shall request a time-out at the scorer's table; the captain shall request it to the umpire if inside the court or at the scorer's table if outside the court.

The **scorer** is the person in charge of awarding the time-out when the ball is dead, after the umpire signals a foul, by making a loud whistle and indicating which team requested it. When time-out is over, the **timekeeper** shall make a loud and long horn in order to signal the end of the time-out.

- They shall deny the request when this is not performed personally by the head coach at the scorer's table, or by their assistant coach, or if both absent, by the captain.
- They shall also deny the request when the team has used the three (3) possible time-outs assigned for each team, as outlined in these rules.

7.9 DISTRIBUTION OF PLAYERS IN THE COURT

7.9.1 Law of numerical balance

Numerical balance is the rule that requires teams have at least two members in one zone and no more than four members in the other. Any violation to this rule shall be penalized as follows:

a) ***If the defending team do not respect this rule at any time:***

- Umpires shall allow the play to continue normally until one (1) player from the defending team obtains the possession of the ball, after a goal has been scored or not. At that moment, an "invasion action" shall be signaled and the team in the attacking position resumes the game through a free pass from the centre line, on the defence zone side.
- In the case of the game progress and due to "player invasion" in that zone, if a foul is sanctioned in favour of the attacking team (through a ***direct free throw*** or a ***free pass***), the ball shall be played according to the foul rule; when the defending team regains possession of the ball, the game shall be resumed by the team that was attacking, through a pass from the centre line, on the defence zone side.
- In case the foul is committed by the team that is in possession of the ball (having the right amount of players in each zone), said foul shall be recorded at the scoresheet and if it is one among the first (1) and the fourth (4) foul, the game is resumed from the centre of the court by the team which preserved the correct balance.

- If the foul committed by the attacking team is among the fifth (5) and the sixth (6) ones, the team in the defending position which was violating the numerical balance rule shall make a penalty throw without right of rebound or playing the ball, and the attacking team shall resume the game (whether the goal has been scored or not) from the centre line of the court, in order to respect the numerical balance rule.

b) If the violating team is in the attacking position:

- The game is automatically interrupted, thus making all following actions void. The game is resumed from the centre of the court through a pass made by the team which was in defending position.
- If a team is in the attacking position with more players than permitted and scores a goal, ***it shall not be valid*** and the game is resumed by the opponent with a free pass from the centre line.

Clarification:

- When a numerical balance violation occurs and two (2) opponent players catch the ball simultaneously (jump ball) or commit fouls to each other simultaneously, the game is interrupted, both fouls are registered at the scoresheet regardless of the number of fouls (if it is the sixth [6] foul, the player shall leave the court) and the game is resumed by the team preserving the numerical balance from the centre line of the court in both situations.
- If a player preserving the numerical balance makes a throw from their ***defence zone*** and, when the ball is in the air, they commit the ***numerical imbalance*** foul, this shall be penalized immediately and the game shall be resumed with a ***free pass*** by the opponent team from the centre of the court; if the goal is scored, ***it shall be valid***, since the foul occurred after the execution of the throw.



7.9.2 Valid situations of numerical balance

Considering the player above-mentioned is the one preserving the numerical balance, they may:

- Step on the centre line without surpassing it.
- Have both feet in the centre line without surpassing it and catch the ball in the air from the other zone.
- Have both feet on one zone and the ball over the centre line (without surpassing it), or catch the ball in the air from the other zone.
- If any of the players preserving the numerical balance in their zone must start the play from the outside of the court, this shall not be considered a violation.
- Touch the ball that is in possession of an opponent player, who has one (1) foot on each side of the centre line.
- If the game is interrupted by a foul penalization, the player preserving the numerical balance may obtain the ball from where it is.

7.9.3 Invalid situations of numerical balance

Considering the player above-mentioned is the one preserving the numerical balance, they may:

- Have one foot on one zone and the other foot surpassing the centre line.
- Have one foot on each zone.
- Have both feet correctly touching the floor in their zone and pick the ball from the floor or from one player of the other zone.
- Have both feet correctly touching the floor in their zone and touch, with any body part, the other zone or a player in possession of a ball or not, who is in the other zone.

7.10 PLAYER SUBSTITUTION

Substitutions shall be made among players who are correctly registered at the scoresheet.

There is no limit for substitutions at any moment of the game.

Substitutions are correctly performed when:

- They occur at the end lines of a team's defence zone.
- The substitution becomes legal when the player leaving the court touches the floor outside it with both feet.

Substitutions are not correctly performed when:

- A player enters the court before the leaving player touches the outer court with both feet.
- If the substitution is performed at any other place not respecting these rules.

In any case, the penalization applying is the one associated with the numerical imbalance.

7.11 WRONG SUBSTITUTION OF A PLAYER

When a player not registered at the scoresheet enters the court, this shall be deemed as unsportsmanlike conduct and the team shall receive a penalization: losing the game.

7.12. GREATEST AMOUNT OF PLAYERS ON THE PLAYING COURT

In case a team have more players than permitted in the court who *engage in the game*:

If the ball is in the violating team's possession:

- The game shall be immediately stopped once the warning is issued; the violating team shall take the extra player(s) out and a *direct free throw* shall be indicated in favour of the opponent team, without right of rebound (counting two [2] points). This same team shall resume the game from the centre of the court on their defence zone side.

If the ball is in possession of the team having the right amount of players in the court:

- The game shall be stopped immediately after the violation has been signaled; the violating team shall take the extra player(s) out and the play shall be resumed from where it was stopped. At the moment the violating team is in possession of the ball, the foul shall be signaled and a *direct free throw to the goalpost* from the penalty spot *without rebound* (in favour of the non-violating team) is indicated. This *shall count two (2) points* and the game shall be resumed by said team from the centre of the court on the side of their defence zone.

8. CARDS

Umpires shall display cards according to the game situation; they may display:

“*A yellow card*”, meaning Warning.

“*A yellow and a red card*”, meaning a three-minute-suspension (if the player is inside the court, this means no substitution; if they are outside the court, they shall not enter). “*A red card*”, meaning Expulsion.

8.1 CARDS FOR PLAYERS

A player who engages in unsportsmanlike conduct in detriment to any person inside the playing court or who adopts attitudes affecting the normal course of the game, thus distorting the fair play spirit, shall be liable to a sanction at the umpire’s discretion through the card they deem necessary, according to the severity of the foul.

8.2 CARDS FOR THE COACHING STAFF

If the coaching staff adopt attitudes not complying with the expected sportsmanlike conduct, the umpire shall display the card deemed necessary and according to the severity of the action, as follows:

- They shall warn the identified member of the coaching staff by means of a *yellow card*.
- They shall penalize them with a *red card* in case of the unsportsmanlike attitude re-occurrence, or when the severity of the foul calls for it; the expelled team member must leave the playing enclosure.

8.3 CARDS FOR TABLE OFFICIALS

- If any of the table officials adopts unsportsmanlike attitudes or communicate in an offensive way with the umpires, they shall be liable to an expulsion through a *red card* and said official’s team shall automatically lose the game, regardless of the score registered at the scoresheet up to that moment.

8.4 CARDS FOR SPECTATORS

- In case of verbal or physical misconduct towards umpires or players, any spectator may be liable to expulsion if they are identified.
- Umpires may require the withdrawal of one, several or all spectators hindering the normal course of the game, and the game shall be resumed once the withdrawal becomes effective. In case the requirement is not fulfilled, the scoresheet shall be closed and sent to the competent authority together with a relevant report, showing the existing scores up to the closing of the sheet.

Clarification:

All cards displayed shall be recorded at the scoresheet under the section “**Remarks**”, by stating the player’s shirt number, which team they belong to and both umpires shall sign the specified text.

In case a **red card** penalization is signaled for the coaching staff or players, a **direct free throw** to the goalpost shall be executed from the penalty spot **with no rebound**, which counts three (3) points. The game is then resumed from the centre of the court by the same team on their defence zone side, with a **free pass**.

In the case of a **red card**, the umpire shall also prepare a written report for the Conduct Committee of the tournament.

The application of cards **may not be** necessarily in a **sequential** way.

9. TECHNICAL FOUL

It is the penalization applied only to table officials and coaching staff if they do not behave as outlined by the rules.

- Technical fouls are penalized through a **direct free throw** to the goalpost from the penalty spot.
- It may be executed by any (entitled) player.
- This is done without rebound.
- The game is resumed from where the play was going on when the technical foul occurred.

10. SIGNALING

10.1. UMPIRES' SIGNALS

Every time the umpires whistle when applying these rules, the game shall be stopped. To resume it, they shall indicate so by means of an arm (bend) pointing the place of the violation and the other arm (extended) pointing to the direction the game must follow.



Fouls shall be signaled with umpires' hands by displayed (to table officials) the shirt number of the player committing the foul. Numbers from one (1) to nine (9) shall be signaled with the fingers wide open and extended arms; number ten (10) shall be signaled with a clenched fist; and eleven (11) to fifteen (15) shall be signaled with one clenched fist and the necessary amount of fingers on the other hand opposing the other arm and forming an "X".



The goal scored with a live ball shall be signaled by the umpire to the table officials with the arm at shoulder's height and with two (2) separate fingers or one finger pointing down the floor.



The *free throw to the goalpost* shall be signaled with an extended arm in the direction of the post and the other arm points to the place where the throw shall be executed.



- *Penalty throw and technical foul* shall be signaled with an extended arm pointing to the goalpost and the other pointing to the penalty spot.

- *Numerical imbalance* of five (5) or more defending players within the opponent's attacking zone, which automatically allows the progress of the play, shall be signaled by the umpire with both arms extended next to their body at the waist level.



- When *the ball goes out of court boundaries*, the umpire shall indicate the starting place of the play (continuation) with one arm and the direction of the play with the other.



- When a player commits the *ball-body* violation, the umpire shall first touch their legs with both hands, then they shall indicate the starting place of the play with one arm and the direction of the play with the other.



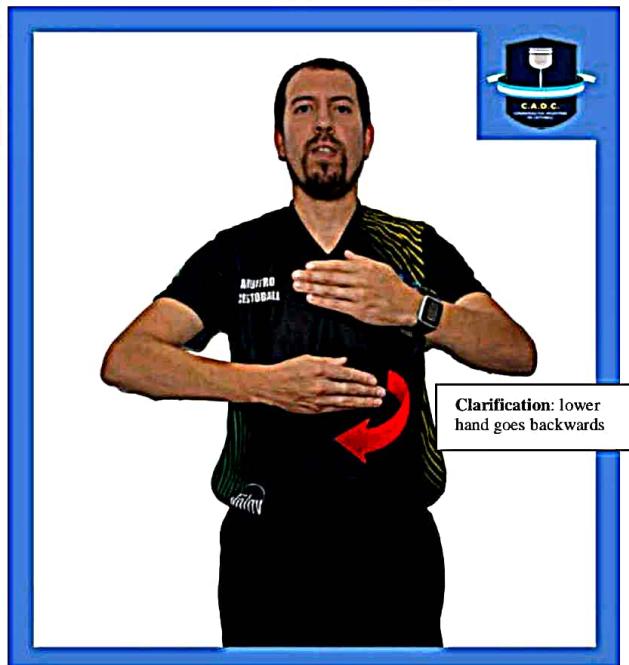
- For the *short passing distance* violation, the umpire signals it with both arms and palms faced, then they shall indicate the starting place of the play with one arm and the direction of the play with the other.



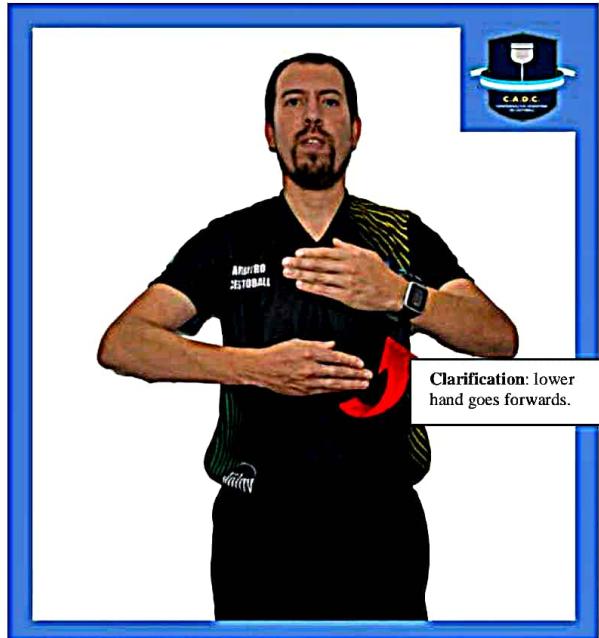
When two opponents catch the ball at the same time (jump ball), umpires extend arms with thumbs up.



- When a player commits the *travelling* violation, umpires shall first rotate fists forward in the air (as a windmill) and then they shall indicate the starting place of the play with one arm and the direction of the play with the other.



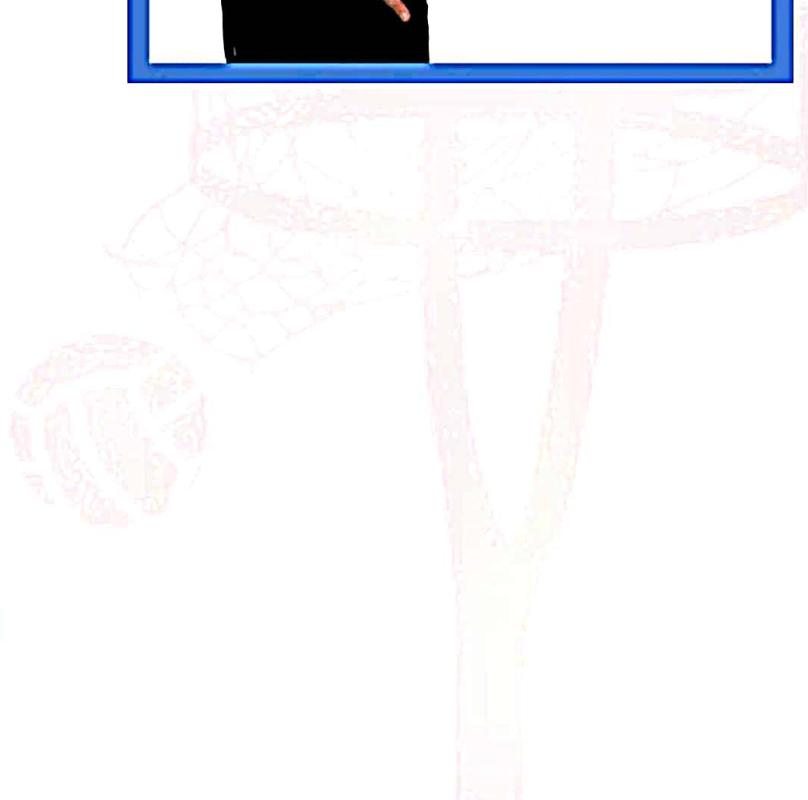
- When a *player enters the court in the wrong way*, the umpire shall move their hands in circle informing the wrong substitution and, thus, a numerical imbalance.



- When a *player holds the ball more than three seconds* (3-second-hold), the umpire shall extend one arm to the middle of their body clearly showing three fingers; then they shall indicate the starting place of the play with one arm and the direction of the play with the other.



- When the *player touches the ball more than twice in a row*, the umpire shall extend one arm to the floor clearly showing three fingers; then they shall indicate the starting place of the play with one arm and the direction of the play with the other.



- When a table official informs a time-out request, umpires shall signal it by lifting one open hand, palm down, and putting the other hand's index finger under the other palm (as forming a "T").



- When a player scores a goal thrown from their defence zone, the umpire shall extend one arm upwards clearly showing three fingers to indicate the goal counts three (3) points. Then they shall indicate the starting place of the play with one arm and the direction of the play with the other.



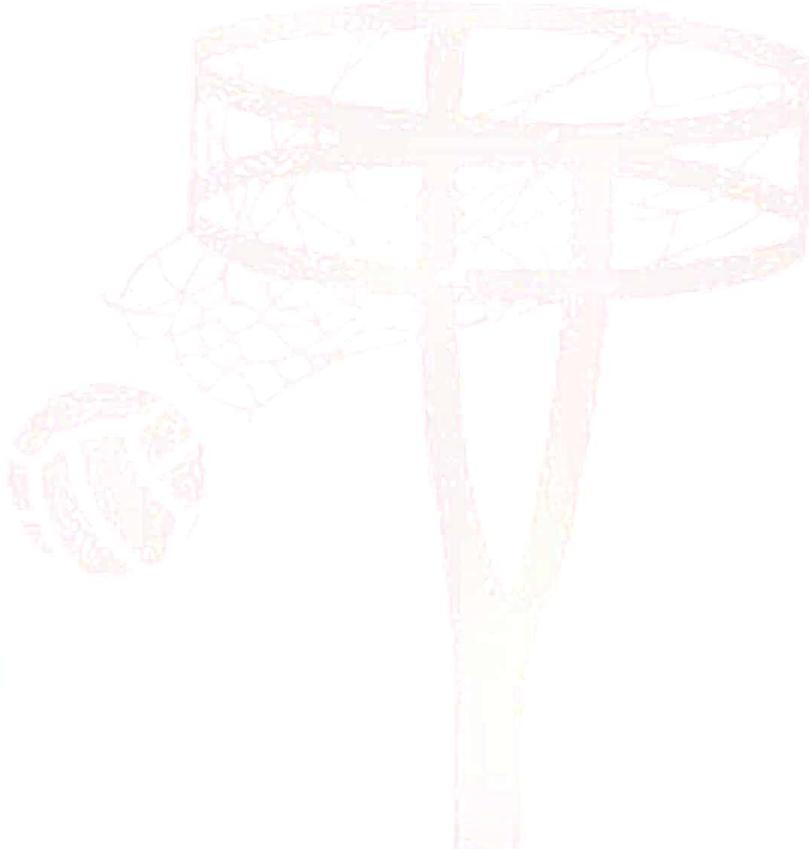
10.2 TABLE OFFICIALS' SIGNALS

The table official in charge shall whistle or press the horn button in order to inform as follows:

- When the ball is dead, that a head coach or assistant coach requested a time-out, and the team they belong to. They make the signal using the index finger of one hand pointing upwards and the palm of the other hand over it, extended in the direction of the substitution bench of the team requesting the time-out.
- That the foul committed is the fifth (5) or the sixth (6) of a player and that a penalty throw must be performed: first they extend arms up and in front of the body, by showing both palms with separate fingers; then they display the foul marker with the corresponding number.

Clarification:

If fouls committed are the fifth (5) or sixth (6) and the play ended in a scored goal or simultaneous foul, the table official shall not inform the penalty throws.





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South zone Cestball Championship for Men and Women at Ramagundam Telangana, Sep-2019.

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