



## ***Mahadasara-2022***

*Health and Happiness...*

### **Sports Event Rules**

#### **Throwball**

##### ***RULES AND REGULATION***

1. Throwball is a team sport. Each team consists of **7 active players**.
2. The match is played for best of **3** sets for **15** points in each set with rally score for first round and 25 points for semi-final and finals.
3. The players have to catch the ball with both hands and return it by one hand only.
4. The ball that to be served should be released from above the shoulder/shoulder line of the player.
5. The service ball should not touch the net.
6. Double touches are not allowed for receiving the service ball.
7. The players should serve the ball after the whistle is blown and within 5 seconds.
8. Players should serve the ball from the service-zone but without crossing the end line.
9. If the player's ball has fallen on the box line or in the dead zone, then it is regarded as a foul.
10. Any ball that has been caught during the rally is to be released within 3 seconds.
11. The players have to stay in a 2-3-2 position at the time of service.
12. Players are not allowed to shift the ball from right to left or left to right else, penalty points are given.
13. In the entire match, there are two time-outs of **30 seconds** in each set.
14. Two players cannot catch the ball simultaneously, or the team loses points.
15. Throwball is played on a court that has a total perimeter of **12.2 meters x 18.3 meters** with a neutral box on either side of the entire measuring **1 meter**. The net is placed across the centre of the court at the height of **2.2 meters**.
16. Umpire decision will be the final decision.
17. One Substitution is allowed for single set. maximum of 3 substitutions are allowed

For any clarifications contact

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