



THROWBALL RULES

COURT DETAILS

COURT SIZE – 48 feet X 24 feet (each side is 24 feet x 24 feet)
NET HEIGHT - VOLLEYBALL NET WILL BE USED, APPROX NET HEIGHT IS 7 feet 4 inches.

RULES

FOUR (4) PLAYERS + MAX OF 2 SUBSTITUTE PLAYERS PER TEAM. SUBSTITUTE PLAYERS ARE NOT MANDATORY. YOU CAN REGISTER AND PLAY WITH JUST 4 PLAYERS IN YOUR TEAM. HOWEVER, THE MAXIMUM NO. OF PLAYERS ARE 6.

SUBSTITUTE RULE: ANY PLAYER CAN SUBSTITUTE AMONG 6 PLAYERS OF THE TEAM AT ANYTIME DURING THE PLAY. HOWEVER 3 SUBSTITUTIONS ARE MAXIMUM PERMITTED PER TEAM PER SET.

NO PLAYER(S) IS ALLOWED TO PLAY FOR TWO TEAMS IRRESPECTIVE OF THE CATEGORIES.

ALL 6 PLAYERS MUST SIGN THE WAIVER/ROSTER FORM. PLAYERS MUST BE IN THE ROSTER AND ALSO PLAY IN THE LEAGUE TO TAKE PART IN THE PLAYOFFS.

FOR POINTS AND LEAGUE FORMAT, REFER TO THE TEAM BRACKETS / SCHEDULE.

TIMEOUT RULE: TWO TIMEOUTS (EACH 1 MIN DURATION) ALLOWED PER TEAM PER SET.

UNDERARM THROW FOR SERVICE IS ALLOWED. RUNNING AND JUMP SERVERS ARE ALLOWED.

SERVICE TOUCHING THE NET IS FOUL. WHILE SERVING PLAYER SHOULD NOT TOUCH THE BOUNDARY LINE BUT CAN SERVE FROM ANYWHERE BEHIND THE LINE.

ALL OTHER THROWS DURING PLAY SHOULD BE OVER ARM (ABOVE SHOULDER). NO DOUBLEARM THROWS ALLOWED DURING PLAY.

DURING RALLY, IF THE BALL HITS THE NET AND REBOUNDS, IT IS CONSIDERED AS FOUL. CATCHING THE NET REBOUND BALL IS NOT ALLOWED.

DURING RALLY, PLAYER CAN TAKE ONE STEP FORWARD AND THROW. MULTIPLE STEPS / RUNNING IS FOUL.

IF THE PLAYER HAS TO STEP OUTSIDE THE COURT TO CATCH THE BALL, THE PLAYER HAS TO COME INSIDE THE COURT TO THROW THE BALL BACK. ONLY ONE STEP IS ALLOWED AND ATLEAST ONE FEET SHOULD BE INSIDE THE COURT OR ATLEAST TOUCH THE LINE. TWO STEPS ARE NOT ALLOWED AT ANY TIME.

JUMP CATCH IS ALLOWED. BUT JUMPING AND THROWING DURING RALLY IS NOT ALLOWED.

THE BALL HAS TO BE CAUGHT WITH BOTH THE HANDS BUT SHOULD RETURN THE BALL WITH ONE HAND WITHOUT TOUCHING ANY PART OF THE BODY. CATCH THE BALL AND THROW BACK WITHIN 3 SECONDS.

DOUBLE TOUCH IS FOUL, TWO PLAYERS CANNOT CATCH THE BALL SIMULTANEOUSLY AND BALL CANNOT TOUCH ANY PART OF THE BODY EXCEPT THE PALM.

DURING THE RALLY, BALL CAN TOUCH THE NET AND REACH THE OTHER SIDE.

BALL FALLING ON THE BOUNDARY LINE IS GOOD.

THERE WILL BE A 2 FEET LINE MARKED FROM THE CENTER LINE. BALL FALLING IN THAT BOX/LINE IS FOUL. BALL MUST CROSS THE 2 FEET LINE WHEN THROWING. PLAYERS FOOT TOUCHING/CROSSING THE 2 FEET LINE (WHILE CATCHING THE BALL) IS OK, HOWEVER PLAYERS SHOULD NOT STAND OR STEP IN TO 2 FEET AREA AND THROW. IF YOU HAD TO STEP IN AND CATCH THE BALL, TAKE STEPS BACKWARD AND THROW THE BALL. UP TO 2 STEPS ALLOWED TO GET OUT OF THE BOX. THIS IT TO AVOID PLAYERS STANDING IN 2 FEET AREA AND DUNKING.

DURING A RALLY, IF A BALL SLIPS OR REBOUNDS "UNINTENTIONALLY" FROM THE HANDS OF A PLAYER, ANOTHER PLAYER CAN CATCH THE BALL AND RETURN TO THE OPPOSITE COURT BEFORE THE BALL TOUCHES THE GROUND. THE SAME PLAYER CANNOT CATCH THE BALL FOR THE SECOND TIME. THIS RULE DOES NOT APPLY FOR SERVE RECEIVE.

TIE-BREAK RULE: TO RANK THE TEAMS, NO. OF WINS WILL BE TAKEN IN TO ACCOUNT. FOR TWO-WAY TIE, THE HEAD-ON-HEAD RESULT WILL BE THE DECIDING FACTOR. FOR THREE-WAY TIE, THE WINNING MARGIN WILL BE THE DECIDING FACTOR. THEN, THE LOSING MARGIN WILL BE TAKEN IN TO ACCOUNT IF NEEDED. FINAL TIE-BREAKER WILL BE A TOSS.