

TRIANGLE THROWBALL CLUB

2026 THROWBALL WINTER LEAGUE RULES (INDOOR) v1

Toss:

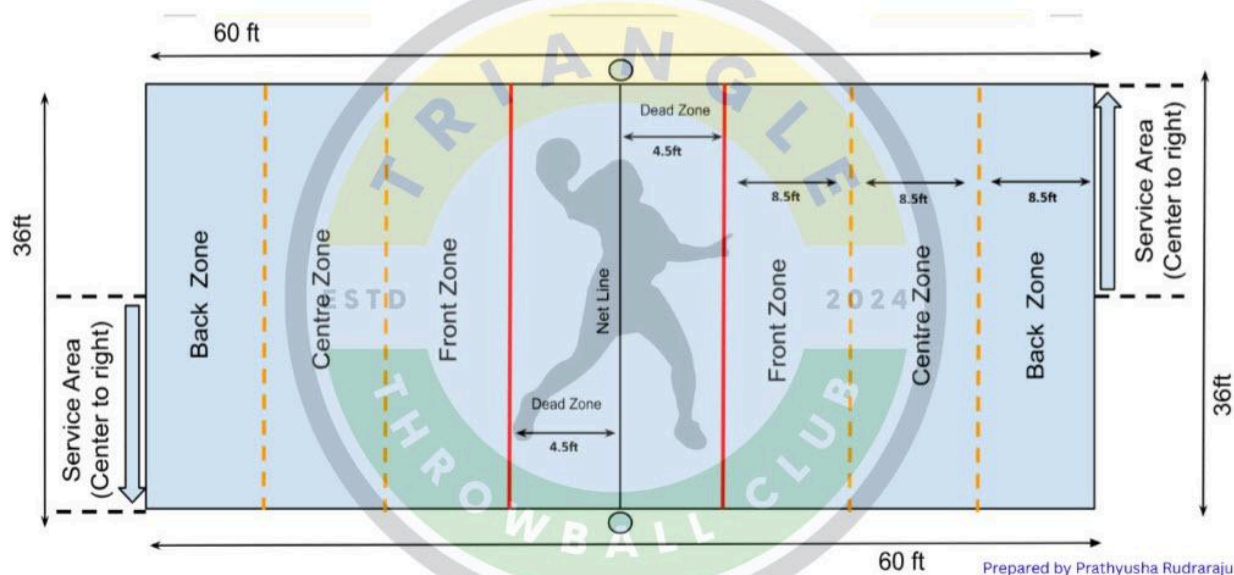
Team draws toss using the coin, The winner of the draw has the right to choose either a side or first service. In case the winner of the toss chooses service, the other team gets to choose the court side.

Prior to the toss, captains are expected to have predetermined their course of action for both winning and losing the toss. Following the toss, the winning captain must immediately communicate their decision.

All league games will be played as a single set of 25 points, with a cap at 27.

Main Rules:

- 1) Court Dimensions (Indoor Courts) : **36ftx60ft (Varies from 36ftx60ft to 40ft x60ft - Please read the note)**, Net Height : **7.5ft. (Refer To the note)**



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Note:

- Although the standard throwball court size is 40 ft X 60 ft as per International Throwball Federation(ITF) ,In the USA the court size, deadzone and zone areas will vary based on the width available between the poles and length as most of the facilities are made for volleyball in the USA.

- 2) Team Players : 12 Players (7 Players + 5 Players) per team is allowed.

- 3) All players must be 18 plus (if players are between 12-18 yrs old, then parents must sign the waiver form).
- 4) 5 Substitutions are allowed per game.
- 5) Substitution can be done only after the ball drops.
- 6) Substitution is strictly person-to-person.

For Example:

If Reena is substituted by Meena, then Meena can only be replaced back by Reena, and not by any other player.

- 7) No Substitution is allowed in the serve (7th) Position.
- 8) Each team gets two time outs per game - each time out : 30 seconds.
- 9) Only the captain / coach should request the time out on behalf of the team,
- 10) Shifting the ball (Hand Shift) and Shifting the Body (Body Shift) is not allowed.
- 11) The ball should always be released at the above shoulder level (Both left & right hand throws)
- 12) Scoring follows the point-a-rally system.

Service

- 13) Ball should be served without touching the court line or the serve box lines, and should be served from the serve box within 5 Seconds after the referee whistles. The service box will be from the centre of the end line of the court to towards on to the right side of the court and should be served within. At least one leg should be inside the service box area without touching the lines.
- 14) The server cannot take a follow through from outside the serve box area, while serving.
- 15) The server cannot touch the dotted lines of the service box area while serving, it's considered foul if touched.
- 16) If the server takes more than 5 seconds to serve after the referee's whistle, it results in delay and shall lose the service and point will be given to the opponent. **5 Seconds will be counted as 1001,1002,1003,1004,1005**
- 17) One Warning per game is allowed if a player serves before the referee whistles and will be given a RE-SERVE. Will be called for a foul if the team repeats it in the same game.
- 18) Jump allowed during the service.
- 19) A service ball touching the net is foul.
- 20) A Service ball / Rally ball touching the pole is foul.
- 21) A Service ball on the side lines is allowed.
- 22) A Service ball / Rally ball on/in the deadzone is foul.
- 23) A Service ball touching the antenna is foul.
- 24) The server can step into the court immediately after serving the ball, need not wait for the ball to cross the net.

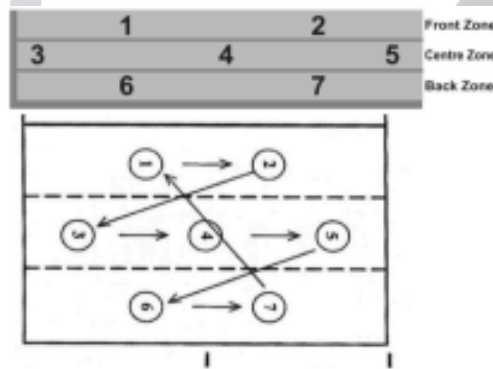
SERVICE BALL RULE:

- The service ball : When the server releases the ball for service.
- Once the receiving team successfully receives the serve and returns the ball to the serving team, the service ball ends and the play transitions into a rally ball.

- 25) A Ball rebounding or bouncing from the net can be received by another player in rally, but not in the service ball.
- 26) A ball slipped or rebounded unintentionally from a player's hand, another player can catch the ball and send it across. Only 2 passes are allowed. This rule applied only to rally balls and does not apply to the serve ball.
- 27) Rotation results only from a service break.
- 28) When a team loses the serve, the respective team should rotate within 5 seconds.
- 29) During the service, players shall be in their respective positions in their respective zones only, if any of the players in the receiving team is not in the respective position then the serving team will be awarded a point. If the player of the serving team is not in the respective position, the team will lose the service. However the players of both the teams are not in respective positions; a RE-SERVE may be given.
- 30) During the Service, all the players must remain completely inside their respective zone. Any player touching the zone line is considered a foul.
- 31) The team should rotate within 5 Seconds after the serve break, and a point will be taken if rotation is missed. **5 Seconds will be counted as 1001,1002,1003,1004,1005**
- 32) If a service is made on account of wrong rotation, then the serving team shall lose the service and the opponent will be awarded with a point and service.

Others / Fouls

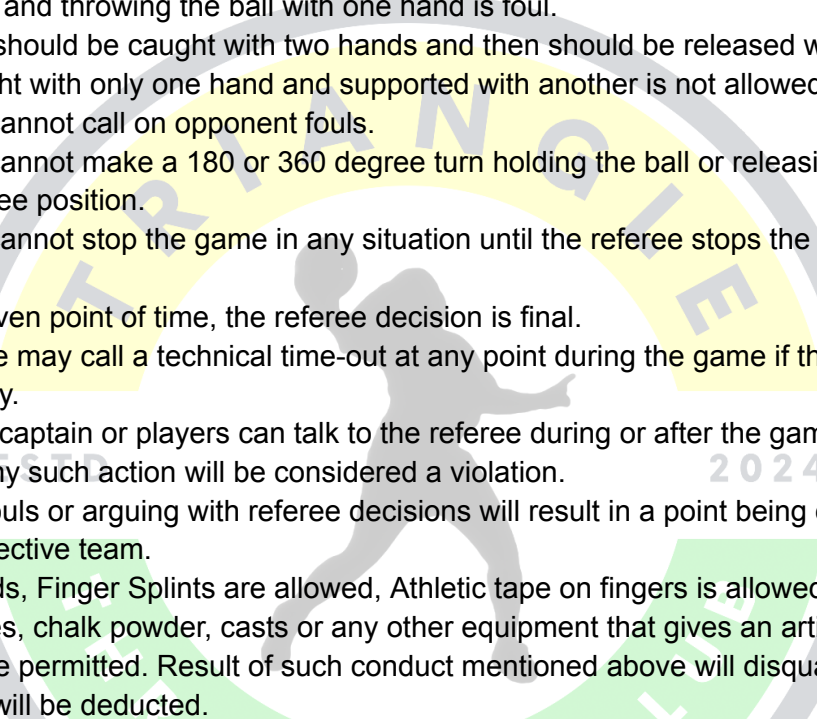
- 33) The Position of the players shall be as follows.



Note:

- All players from both teams must remain in their respective zones at the moment of service.
 - No player is allowed to step on the zone lines while the server is serving the ball.
 - Any violation results in a foul, and the point is awarded to the opponent.
- 34) The player in the 7th position shall serve the ball.
 - 35) The rotation of the players should be in the Z Fashion, moving to the right from the position 1. Rotation happens clockwise.
 - 36) A player touching the net is foul at any time.
 - 37) Rally ball touching the net is allowed.

- 38) A ball rebounding or bouncing back from the net can be received by another player in rally, but not during the service.
- 39) Ball touching the roof during the service or in rally is a foul.
- 40) No significant pause is allowed before sending the ball.
- 41) At any given point in time, a player cannot enter the dead zone or touch the dead zone box line, whether the ball is in hand or not.
- 42) Players can collide, but can never touch the ball simultaneously.
- 43) **Catching the ball:** The player should receive the ball firmly, only above the trunk level. The player shall not receive the ball below the trunk level.
- 44) Shifting the ball (Hand Shift) and Shifting the body (Body Shift) after catching the ball is not allowed.
- 45) Catching the ball on the centre and then shifting the ball to any side is a foul.
- 46) Sliding on the floor with the ball is not allowed, if the referee feels the slide is equivalent to more than 2 steps after catching the ball, it's considered as too many steps - is a foul.
- 47) If the player by chance caught the OUT ball by completely stepping out of the court, the ball can be returned back.
- 48) Double touch - Juggling - Rolling and slipping the ball while receiving is not allowed.
- 49) Underarm Throw - Side throw - Hook throw - Push throw - Crocodile catch are not allowed.
- 50) Tapping (Any movements with the fingers on the ball) while catching the ball, or after catching the ball is not allowed.
- 51) Double Touch is not allowed
- Ball caught by two players at the same time.
 - Same player catching the ball twice.
- 52) Dub's sound is considered a foul.
- 53) Stretching is considered foul unless there is a bent elbow(any angle).
- 54) Body Touch is not allowed. While catching or throwing the ball, the ball shall not touch any part of the body., or outfit/hair/cap/jersey etc. except the palm, if so, it's considered as body touch and is considered foul.
- 55) A ball caught on fingers is considered FOUL.
- 56) Once the ball is caught, the ball should be sent within 3 seconds in a single action, without pausing the ball - otherwise it will be called for a delay which is considered foul. **3 seconds will be counted as 1001,1002,1003.**
- 57) If a ball is in rally (Except a SERVICE ball) and it slipped or rebounded unintentionally from the hands of any player, another player can catch the ball and throw it. Only 2 passes allowed. This rule is applicable only for the rally balls.
- 58) **Net Point** : When the ball hits the net during the rally and falls in the same court, another player can catch the ball before it hits the floor and throw to the opposing team and will be considered valid.
- 59) No player can throw the ball to the net intentionally, so that another team player from the same team can catch the ball and return it to the opponent team.
- 60) Only one step is allowed after receiving the ball, taking more than one step is considered too many steps and Foul.

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- 61) Jump and catch is a foul. One leg must always be in contact with the ground when catching the ball.
 - 62) Jump and throw is allowed, before stepping.
 - 63) Underarm and hand parallel to the ground when releasing the ball and throwing the ball is a foul, the ball should always be released above shoulder level.
 - 64) Palms parallel to the ground facing up while catching the ball is foul.
 - 65) Catching the ball below the waist level is a foul.
 - 66) Throwing the ball with two hands is not allowed.
 - 67) The same player cannot catch the ball for the second time or twice at the same time.
 - 68) Any ball on/in the dead zone or on the box line is foul.
 - 69) Catching and throwing the ball with one hand is foul.
 - 70) The ball should be caught with two hands and then should be released with one hand. A ball caught with only one hand and supported with another is not allowed.
 - 71) Players cannot call on opponent fouls.
 - 72) Players cannot make a 180 or 360 degree turn holding the ball or releasing the ball in 180 degree position.
 - 73) Players cannot stop the game in any situation until the referee stops the game with the whistle.
 - 74) At any given point of time, the referee decision is final.
 - 75) A referee may call a technical time-out at any point during the game if they deem it necessary.
 - 76) No team captain or players can talk to the referee during or after the game about the game. Any such action will be considered a violation.
 - 77) Calling fouls or arguing with referee decisions will result in a point being deducted from that respective team.
 - 78) Knee pads, Finger Splints are allowed, Athletic tape on fingers is allowed.
 - 79) No Gloves, chalk powder, casts or any other equipment that gives an artificial advantage will not be permitted. Result of such conduct mentioned above will disqualify the team or 3 points will be deducted.

Player Injury Time out

- 80) Two minutes shall be given to the injured player to regain and commence the match, otherwise substitution shall be enforced by the referee.
- 81) If a player is visibly injured and the referee observes the injury, the referee shall stop the game and give a Re-Serve. If the injury is not immediately apparent, the team captain or player may signal the referee by raising their hand or verbally inform the referee of the situation.

Conduct

- 82) Abusing or calling fouls on the opponent team is not allowed. No Player can call the opponent team fouls. Addressing or questioning the officials repeatedly, Making unpleasant or actions to influence the decision is not allowed.

- 83) Leaving the court without informing the referee except between the timeouts and sets is not allowed.
- 84) Players cannot address the opponents while they are serving or when the ball is in rally.
- 85) Team members abusing - opponents, referees, spectators is not allowed.
- 86) Tampering or damaging the playing surface or play related equipment is not allowed.
- 87) It is the responsibility for discipline and proper conduct of team members and is the only player who may address the referees and shall be the spokesperson of the team.
- 88) It is the responsibility of the team captain to monitor the schedule and ensure their team is present at the court for the next game.
- 89) No Player can communicate/question the referee decisions. If they do so, a point can be deducted.
- 90) No arguments with the referees or organizers are allowed. During the game, a point can be deducted for this.
- 91) A team cannot walk out from the game, if they do so, it is considered as a walkout from the tournament and the team will not be allowed to continue playing the tournament. The team stands disqualified. No further discussions will be entertained.
- 92) The referee's decision is final, even if it seems wrong from the player's perspective, the referee's decision stands.
- 93) The organizers shall stand by the referee's decisions.

Punishment

- 94) If any kind of misconduct as stated under the rule, exhibited by the player, shall be warned with the yellow card by the referee.
- 95) If the same player exhibits misconduct for the second time, shall be expelled from the particular set indicating the red card by the referee.
- 96) If the same player repeats any kind of misconduct for the third time, shall be expelled from the remaining part of the match indicating both Yellow and red cards by the referee.
- 97) In case, if players exhibit a severe unforgivable misconduct, even at once the player shall be expelled from the entire set / match / tournament indicating yellow and red cards by the referee. However, the decision can be executed by the referee in consultation with the technical committee.
- 98) If the manager/coach exhibits any kind of misconduct, shall be warned with a yellow card for the first time and for the second time red card shall be shown and expelled from the play area.
- 99) If one or more players are expelled from playing due to a red card, then no substitution shall be permitted for such players for that particular set and the remaining part of the set shall be completed with left out active number of players only.
- a) Then the position of 6 players shall be 2-2-2
 - b) The position for 5 players shall be 2-1-2

Others :

- ❖ **SPARTAN** balls will be used for the tournament.

- ❖ It's essential that all players wear suitable indoor facility shoes for safety and performance. Proper footwear ensures better grip, reduces the risk of slipping, and protects the court surface. (Non-Sports Footwear, Flip-flops are not allowed).

NOTE:

Triangle Throwball Club (TTC) reserves the right to modify or change the rules of the game at any time as necessary.

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