

TRIANGLE THROWBALL CLUB

2025 THROWBALL LEAGUE RULES (INDOOR)

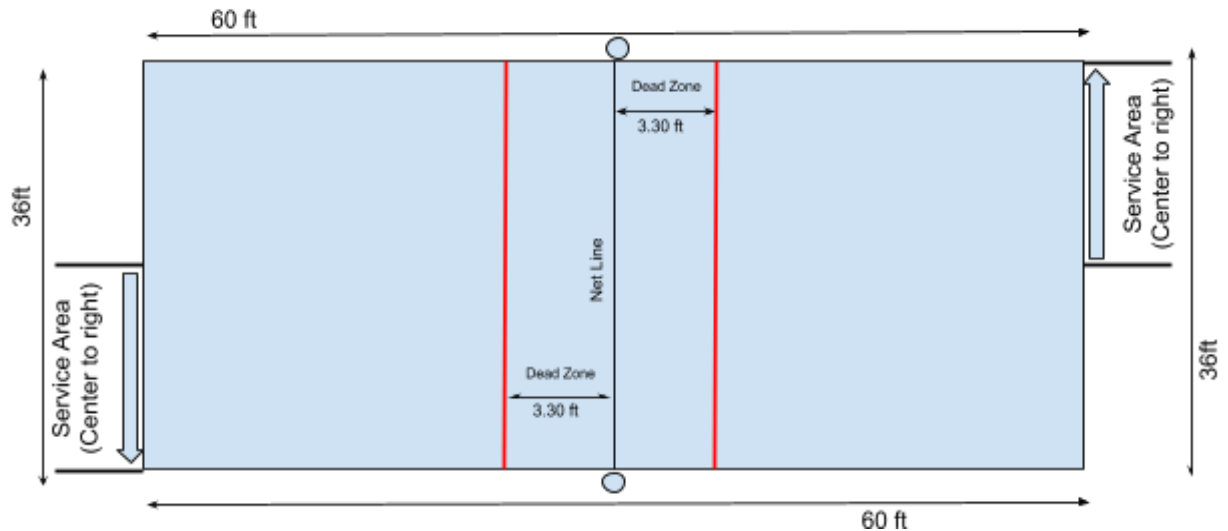
Toss:

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. ~~For the 2nd set teams change court with service going to the team that lost the toss in the beginning.~~

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.

Main Rules:

- 1) Court Dimensions (Indoor Courts) : **36ftx60ft**, Net Height : **7.22ft. (Refer To the note)**



Note:

- Although the court size is 36 ft X 60 ft (With dead zone 3.30 ft) on either side of the net line), the width of the court might vary from 30 ft x 60 ft to 36 ft x 60 ft based on the width availability between poles as most of the facilities are made for volleyball.
- 2) Team Players : 7 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) ~~Substitution can be done only after the ball drops.~~
 - 5) ~~No Substitution is allowed in the serve (7th) Position.~~
 - 6) No time-outs allowed.
 - 7) Shifting the ball (Hand Shift) and Shifting the Body (Body Shift) is not allowed.

- 8) The ball should always be released at the above shoulder level (Both left & right hand throws)
- 9) Scoring follows the point-a-rally system.

Service

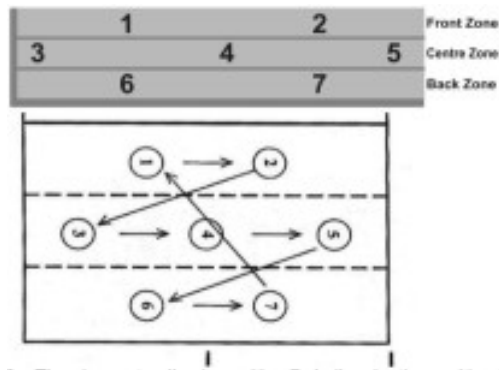
- 10) Ball should be served without touching the court line, and should be served from the serve box within 5 Seconds after the referee whistles. Service box will be 18 feet from the court line on the right side of the court and should be served within. At least one leg should be inside the service box.

Note: Players cannot take a follow through from outside the serve box, while serving.

- 11) 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**
- 12) 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.
- 13) Jump allowed during the service.
- 14) Service ball touching the net is foul.
- 15) Service ball / Rally ball touching the pole is foul.
- 16) Service ball on the line is allowed.
- 17) Service ball on/in the deadzone is foul.
- 18) ~~Server cannot step into the court until the serve ball crosses the net.~~ **Server can step into the court immediately after serving the ball, need not wait for the ball to cross the net. (ADOPT RULE 1)**
- 19) Rotation results only from a service break.
- 20) During the service, players shall be in their respective positions, 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.
- 21) Team should rotate within 5 Seconds after the serve break, and point will be taken if rotation is missed. **5 Seconds will be counted as 1001,1002,1003,1004,1005**
- 22) 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

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



- 24) The player in the 7th position shall serve the ball.
- 25) The rotation of the players should be in the Z Fashion, moving to the right from the position 1. Rotation happens clockwise.
- 26) Player touching the net is foul at any time.
- 27) Rally ball touching the net is Allowed.
- 28) A ball rebounding or bouncing back from the net can be received by another player in rally, but not during the service.

Scenario :

The server served the ball, the receiving team player received the ball without fouls and returned to the net unintentionally and then another player from the same (receiving) team caught the ball and returned to the opponent team. ~~This is considered as VALID-~~
This is considered VALID.

- 29) Ball touching the roof during the service or in rally is a foul.
- 30) No significant pause is allowed before sending the ball.
- 31) Players cannot step into the dead zone or touch the box line any time while holding the ball. Players can step in the dead zone or touch the box line if no ball is in hand.
- 32) Players can collide, but can never touch the ball simultaneously.
- 33) Shifting the ball (Hand Shift) and shifting the body (Body Shift) after catching the ball is not allowed. If the ball is received in the middle, you can shift it to any side.
- 34) 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, the referee might call it a foul.
- 35) ~~When the player holding the OUT ball, one leg must be inside the court or at least touching the boundary line.~~

Note: ~~At any given point of time, players—at least one leg must always be inside the court.~~

- 36) ~~Player trying to catch the OUT ball—One leg is outside the boundary line, and one leg is inside the boundary line but in AIR is considered FOUL.~~
- 37) ~~Player trying to catch the OUT ball—One leg is outside the boundary line, and one leg is on the boundary line considered VALID-~~ **(ADOPT RULE 2)** If the player by chance caught the OUT ball by completely stepping out of the court, the ball can be returned back.
- 38) Double touch - Juggling - Rolling and slipping the ball while receiving is not allowed.
- 39) Underarm Throw - Side throw - Hook throw - Push throw are not allowed.
- 40) Tapping (Any movements with the fingers on the ball) while catching the ball, or after catching the ball is not allowed.
- 41) Double Touch is not allowed.

- Ball caught by two players at the same time.
 - Same player catching the ball twice.
- 42) 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.
 - 43) Ball caught on fingers is considered FOUL.
 - 44) 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.**
 - 45) 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.
 - 46) **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.
 - 47) 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.
 - 48) Only one step is allowed after receiving the ball, taking more than one step is considered a foul.
 - 49) Jump and catch is a foul. One leg must always be in contact with the ground when catching the ball.
 - 50) Jump and throw is allowed, before stepping.
 - 51) 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.
 - 52) Throwing the ball with two hands is not allowed.
 - 53) The same player cannot catch the ball for the second time or twice.
 - 54) Any ball on/in the dead zone or on the box line is foul.
 - 55) Catching and throwing the ball with one hand is foul.
 - 56) **(ADOPT RULE 3) Stretching hands while catching the ball is a foul - Hands should be always bent when catching the ball.**
 - 57) Ball should be caught with two hands and then should be released with one hand. Ball caught with only one hand and supported with another is not allowed.
 - 58) Players cannot call on opponent fouls.
 - 59) Players cannot make a 180 or 360 degree turn holding the ball or releasing the ball in 180 degree position.
 - 60) Players cannot stop the game in any situation until the referee stops the game with the whistle.
 - 61) At any given point of time, the referee decision is final.
 - 62) Only the captain can talk to the referee before or after the serve (Not During the play). A point will be taken away if this is observed.
 - 63) Calling fouls or arguing with referee decisions will result in a point being deducted from that respective team.
 - 64) Knee pads, Finger Splints are allowed, Athletic tape on fingers is allowed.

- 65) 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

- 66) Two minutes shall be given to the injured player to regain and commence the match, otherwise substitution shall be enforced by the referee.
- 67) 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

- 68) 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.
- 69) Leaving the court without informing the referee except between the timeouts and sets is not allowed.
- 70) Players cannot address the opponents while they are serving or when the ball is in rally.
- 71) Team members abusing - opponents, referees, spectators is not allowed.
- 72) Tampering or damaging the playing surface or play related equipment is not allowed.
- 73) 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.
- 74) 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.
- 75) No Player can communicate/question the referee decisions. If they do so, a point can be deducted.
- 76) No arguments with the referees or organizers are allowed. During the game, a point can be deducted for this.
- 77) A team cannot walkout from the game, if they do so, it is considered as a walkout from the team and the team will not be allowed to continue playing the tournament. The team stands disqualified.
- 78) Referee decision is final, even if it seems wrong from the player's perspective, the referee's decision stands.
- 79) The organizers shall stand by the referee's decisions.

Others :

- ❖ **SPARTAN** balls will be used for the leagues.
- ❖ 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).

❖ LEAGUE GAMES

- Single Set - 25 Points (Cap at 27 Points) | No Court Change
- ★ Every week - League games, teams will be ranked from RANK-1 to RANK-6 based on
 - Total Number of Wins for the respective week games played
 - If Wins are the same, ranking will be based on points difference.
- ★ At the final week - All league games will be considered and will be ranked from RANK-1 to RANK-6 based on the games played from WEEK-1 to WEEK-5.
 - Total Number of Wins for the respective week games played
 - If Wins are the same, ranking will be based on points difference.
- ★ In case of a tie (Same wins and points difference between teams), a tiebreaker set of 15 points game (with toss). Teams to change court at 8th point will be played.

NOTE:

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