

Starwood Olympics 2023-24 – Throwball Tournament

Rules & Guidelines

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1. Team

- a. The team shall consist of a maximum of 9 players. The playing team shall comprise only seven players during play. But at no point of time the playing team shall exceed 7 members. Further each team may include one coach.
- b. Once the tournament starts, no replacement is allowed on any situation. Team has to play with available players only.
- c. Each team mandatory need to play all players in the league matches. This is to ensure all players get opportunity and any player should not be sit as substitute for all matches.

2. Location of the team

- a. The players not in play should sit in their team bench. The coach and other team members shall sit on the bench. Substitutes / Coach are not allowed inside the playing area during play.
- b. Only those names listed in the Score sheet are authorized to occupy the bench in the competition area (Court).
- c. The benches for the teams and located beside the scorer's table, outside the free zone. During time-outs and technical time-outs, the active players shall leave the playing surface and go to the free zone.

3. Players Uniform

- a. All players should mandatorily wear suitable sports shoes while playing including coach.

4. Start of Play-Player's Rotation

- a. Choice of the court of service shall be decided by the Referee by tossing the coin before the play commences. Soon after the team-captain winning the toss shall decide upon choosing service or side and shall inform the same to the Referee.
- b. Soon after the referee blows the whistle the play starts.
- c. Minimum of 3 players should serve on rotation basis.

5. Service

- a. The course of service starts from the time the referee has signaled to serve (Whistle blow) and ends with the ball being released from the hand of the player, serving the ball.
- b. The ball should be served using palm of any one hand. Ball shall be served by the player away from the body only. While throwing, if the throwing hand is near to hip and below the hip, then it is considered as foul.
- c. Player shall serve the ball within 5 seconds soon after blowing the whistle from within the service area, without touching or crossing the end line of the playing area.
- d. Any player serving the ball before the referee's whistle shall be considered as foul and a yellow card shall be shown for the first time and for similar sort of fouls subsequently made by the same team then the point shall be awarded to the opponent team.
- e. If the ball taps the net and cross the deadline, such service will be considered as fault.
- f. The service ball shall be returned by only one player of the opponent team and the second touch is not allowed.
- g. The service ball falling on all lines of the playing area shall be considered and good ball.
- h. If the server takes more than 5 seconds to serve, then it results in delay and shall lose the service and a point to opponent should be given.
- i. If a service happens due to an account of wrong rotation, then the serving team shall lose the service and the opponent shall be awarded with a point and service.

6. Ball IN or OUT

- a. Any ball during play, falling on any line of the playing area is a good ball.
- b. Any ball during play that falls on the ground outside the playing area, without touching the players is considered as out ball.
- c. Any ball touching the antenna is out ball.
- d. The ball touching the net during rally shall be permitted and the rally shall continue.

7. Ball in Play

- a. A player shall not take more than one step to return the ball, if so, it is called as movement and is not permitted.
- b. A player shall receive the ball with both hands and shall return the ball with one hand only.
- c. A player jumping and receiving/throwing the ball in the air is permitted.

- d. Ball shall be thrown by the player away from the body only. While throwing, if the throwing hand is near to hip and below the hip, then it is considered as foul.

8. Ball Handling

a. Catching the ball

1. Holding the ball simultaneously by both the hands firmly is permitted. Player shall receive the ball firmly.
2. Body touch while catching or throwing the ball is not allowed and it will be considered foul.

b. Improper Catching

1. Catching in one hand and throwing back
2. Even after catching correctly, if the ball bounces in the hand, then it shall result in improper catching.
3. Player touching or crossing the centre line or touching the net during play.

c. Release of the ball during rally

1. The player should throw (release) the ball in one course of action within 3 seconds after catching the ball.
2. At time of release the ball should not touch the forearm or the jersey or the head/hair, if so such player/team shall lose the point and service.
3. Throwing with both hands is foul.

d. Tapping/Pushing

1. Tapping or Pushing of the ball deliberately by the player shall not be permitted.

e. Body touch

1. While throwing, the ball shall not touch any part of the body except the palm. If so, amounts to body touch.

f. Delay

1. Any player during the play shall not retain the ball for more than 3 seconds. Receiving and returning of the ball by the player, shall be one course of action and should be completed within 3 seconds, otherwise if causes delay. 3 seconds maybe decided by counting 1001,1002 and 1003.

g. Clash

1. Pulling or catching the ball by two or more players simultaneously shall not be permitted and is called as Clash.
2. In a situation where the ball is clearly caught by one player, even in though two players had collided, such ball shall be considered good if there were no other illegalities.

9. Scoring

- a. All league matches shall be played for best of 3 sets. Finals shall be played for best of 5 sets.
- b. Each set of a match shall constitute of 15 points (Rally Score)
- c. The team winning two out of three sets/three out of five shall be declared as winners.
- d. In case of 14 points each, the play is continued until two points lead is reached, i.e., 14-16 or 15-17. When the score is 20 points each, any team scoring 21st point first shall be declared as winner.
- e. In the deciding 3rd set, after reaching 7th point by any one of the team, there shall be change of side.

10. Time Out

- a. Two-time outs for each team in a set shall be permitted.
- b. Duration of each time out shall be 60 seconds.
- c. During the time out, players may go to the free zone and shall not be contact with the playing area.
- d. Coach or Captain can only call for a time out.

11. Conduct

Any claim in-between the match can be done only by the Captain or the Vice Captain (in absence of Captain) and by any other players or coach will be treated as misconduct and yellow card shall be issued.

1st Yellow card in a match will be a warning.

On receiving 2nd Yellow card in a match, that player must sit outside for minimum 2 mins. Substitute can play on the player behalf.

On 3rd misconduct, red card will be issued, and player will not be allowed to take part in that match. Substitute will not be allowed for red card player.

Conduct of players / coach / owner may be considered as misconduct in the following circumstances. Team members consist of players, coach and owners.

- a. Addressing or questioning repeatedly to the officials regarding decisions.
- b. Making unpleasant actions or movement to influence a decision.
- c. Leaving the court without informing the umpire/referee, except between the sets and during time out.
- d. Any kind of force/action to influence a decision.
- e. Team members abusing / sledging the opponents, spectators, Officials etc.
- f. Un-sportsmen like behaviour in the court by the team members.
- g. Tampering /Damaging the playing surface or play related equipment's.
- h. Coach / Substitute should not provide any input during the game. They can only provide inputs during Timeouts or breaks. If happens, yellow card warning will be given. On second such instance, it will be considered as foul, and the opponent team will be awarded a point.

12. Penalty

- a. If any kind of misconduct as stated under the rule, exhibited by the player, shall be warned with the yellow card by the referee.
- b. If the same player exhibits the misconduct for the second time, second yellow card will be given, and that player cannot be part of next 2 minutes of playing. Substitute can play on that player behalf.
- c. If the same player repeats any kind of misconduct for the third time, shall be expelled from the remaining part of the match indicating with red card by the referee.
- d. 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 Starwood Olympics Organising Committee.
- e. If the Owner/Coach exhibits any kind of misconduct, shall be warned with yellow card for the first time and for the second time red card shall be shown and expelled from the team bench itself and shall be sent out to the spectator stands.
- f. If one or more players are expelled from playing due to 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.

13. Point Calculation

- a. If a team wins first 2 straight sets, then no need to play 3rd set.
- b. Team will get 2 points for winning a match.
- c. Below Awards will be awarded in the Starwood Olympics tournament
 1. Player of the match (for all matches)
 2. Best Aker of the tournament
 3. Best Thrower of the tournament
 4. Best Catcher of the tournament
 5. Player of the series
 1. Below is the calculation methodology, Starwood Olympics Organising Committee will follow the below definitions:
 - I. Ace – Scoring a point in a serve in a first throw (without a rally). Server will get 1 STAR.
 - II. Point Winner – During a rally, point winner of the team is called Impact player for that point (Last thrower of the point winning team). Point winner will get 1 STAR.
 - III. For every point, Starwood Olympics Organising Committee will keep track of the STARS given to individual players based on above definitions. The sum of these stars will be considered for determining award winners.

At the end of each match, Starwood Olympics Organising Committee / umpires will discuss and arrive at top three best catcher of every match and 1 STAR will awarded to those 3 players. Best Catcher award will be decided based on this criterion.
- d. Leader board will be decided on the below sequential criteria order.
 1. Maximum number of total points
 2. Maximum Set win% - (Set played / Set won) X 100
 3. If total points & Set % are tied, then maximum number of net scored points.
Net scored points = Total won points – Total lost points (all matches).

Kindly Cooperate with Organising Committee / Umpire decisions throughout the Tournament.