



LADIES THROWBALL BYLAWS

FORMAT & RULES

UPDATED ON 6/12/2023



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FORMAT

- Round Robin - 1 set of 21 points or 20 minutes (whichever comes first).
- Teams will be divided into 3 groups of 3, two full (2) round robin will be played i.e each team will play the other teams in their group twice (home and away).
- A win = 3 points , loss = 0
- After the round robin stage, the top two teams from each group will advance to the quarter finals as well as the top two teams from the remainder.
- In the event the 8th and 9th team are tied on the number of points the team with the highest net points difference will proceed. In the unlikely event if the net points difference is also the same then the team with the highest number of net points scored will advance.
- In the event there is a tie on the number of net points scored then we look at the number of net points conceded and the team with fewer net points conceded would advance to the next round.
- Quarter finals - 1 set of 25 points or 25 minutes.
- Semis and Finals - Best of 3 - 25 points or 25 minutes.
- In the case of a 24-24 tie, play will continue until a two point lead is achieved i.e. 26-24. If the set is still tied at 26-26, then the team that scores the 27th point will win the set.
- In case of a one-to-one tie (1-1) in sets, the deciding third (3rd) set will be played to 25 points with a minimum lead of two points. In the case of a 24-24 tie, play will be continued until a two (2) point lead is achieved i.e. 26-24. If the set is still tied at 26-26, the team that scores the 27th point will win the set.
- In the case of a 20-20 tie, play will continue until a two point lead is achieved i.e. 22-20. If the set is still tied at 22-22, then the team that scores the 23rd point will win the set.
- In case of a one-to-one tie (1-1) in sets, the deciding third (3rd) set will be played to 21 points with a minimum lead of two points. In the case of a 20-20 tie, play will be continued until a two (2) point lead is achieved i.e. 22-20. If the set is still tied at 22-22, then the team that scores the 23rd point will win the set.
- In the event of a tie and the time is up, the ball will remain in play until a team drops the ball and the opponent will win.



LADIES THROWBALL BYLAWS

FORMAT

- A team must register a minimum of seven (7) players and maximum of eleven (11) players.
- A match may not start if either team consists of fewer than seven (7) players. The match can be played with 7 players or 9 players.
- Each team will be given 5 minutes from the scheduled time to ensure a minimum number of 7 players are on court, a team is declared incomplete if it has fewer than seven (7) players on the court and shall forfeit the match and will lose the game.
- Before the match, the referee carries out a toss in the presence of the two (2) team captains. The winner of the toss chooses either the right to serve or the side of the court to receive.
- If a deciding set is to be played, a new toss will be carried out.
- Before each game the captain is required to provide the line-up of all players on court in their respective positions and names of substitutes.
- Throwball Court size will be 10m x 18m approximately with a neutral box of 1m on either side of the center. The net will be 2.2 m.
- The same rotation position must be maintained throughout the set that has been selected. The rotation of the position of the players shall be in "Z" form. After the service is broken the player standing in the number nine (9) position will go to the number one (1) position, number one (1) position to number two (2) position, number two (2) position to number three (3) position and so on. Change of position of players is allowed once the ball is released from the servicing player's hand. The players must occupy their original positions once the rally is completed, unless the service is broken, in which case it will rotate in the "Z" form.
- After the set ends, service must be taken by the team which didn't start the service in the previous set. If a deciding set is to be played, a new toss will be carried out. The winner of the toss chooses either the right to serve or the side of the court to receive.
- Service Box should be 6 feet from the end line (behind position #9). There is no violation for a player to step outside of the 6 feet line as long as they have one foot inside the box by the time the ball is released from their hand.



LADIES THROWBALL BYLAWS

FORMAT

Equipments

- Knee pads are permitted.
- Only balls marked with the official ITF or TFI logo shall be used. Ball has approx 5.7 psi to 6.4 psi which is 400g-450g.
- The net will be placed vertically over the center line and the top of the net shall be set at a height of 2.2 m.
- Tape may only be used on fingers, hands and wrists.
- Any player wearing gloves and/or casts covering the hand(s) will not be permitted to play.
- Jewelry cannot be worn at any time on the playing surface. If jewelry cannot be removed it must be taped over only if the referee determines that taping over the jewelry does not pose a safety risk.
- Players may wear corrective eyeglasses or contact lenses at their own risk (it is advised that sport goggles be worn for safety considerations).

LADIES THROWBALL BYLAWS

RULES

Method of Scoring

A team scores a point when:

- They successfully ground the ball in the opponent's court.
- When the opponent grounds the ball on the box line or in the dead zone.
- When the opponent holds or lifts the ball with the palm upward.
- When the opponent holds the ball for more than three (3) seconds (delay).
- When the ball touches the opponent's body.
- When the opponent touches the ball two (2) consecutive times.
- When the opponent touches the dead zone and is touching the ball simultaneously.
- When the opponent releases the ball below waist level.
- When the opponent is juggling the ball in their hands at the time of holding
- When the opponent takes more than one (1) step forward, backward and sideways after receiving the ball.
- When the opponent jumps to receive the ball.
- When the opponent jumps to throw the ball after taking a step.
- When two (2) or more players from the opposing team catch the ball simultaneously.
- When the return ball goes out of court, passes under the net, or touches an object outside the court.
- When the opponent server at the time of service after the referee blows the whistle dribbles the ball.
- When the opponent server takes more than five (5) seconds for service after the referee's whistle.
- When the opponent server serves out of turn.
- When the opponent's service ball touches the net.
- When the opponent's service ball falls on the side line or back line.
- When the opponent team receives a penalty or personal warning from the referee.
- If the serving team wins the rally, it scores a point and continues to serve.
- If the receiving team wins the rally, it scores a point and now holds service.

LADIES THROWBALL BYLAWS

RULES

Serving

- A player should serve the ball by palm within five (5) seconds after the referee's whistle from the service zone without touching the end line.
- The player standing in position number nine (9) in a team of nine or number seven (7) in a team of seven shall take the position to serve the ball from outside the end line 3
- The server may enter the court after they have served and the ball releases their hand. Player can walk in after service even if the ball has not crossed the net after the ball has released from their hand.
- The ball shall be served using the palm above the waist level in one (1) course of action, and the ball shall not touch any part of the body.
- The player shall serve or throw the ball to the opponent's court using only one(1)hand.
- The service ball must not touch the net.
- Players must stay in the "Z" form position during the serve.
- Change of position of players is allowed once the ball is released from the servicing player's hand.
- The players must occupy their original positions once the rally is completed, unless the team wins the rally, in which case it will rotate in the "Z" form.
- Jump service is allowed
- Side arm or underarm service will not be allowed even if the ball is released above waist level.
- Double touch is not allowed for receiving the service ball. Team receiving the service ball must catch on the first attempt. Service ball cannot be a two-touch situation.
- After the set ends, service must be taken by the team which didn't start the service in the previous set. If a deciding set is to be played, a new toss will be carried out. The winner of the toss chooses either the right to serve or the side of the court to receive.
- Service Box should be 6 feet from the end line (behind position #9). There is no violation for a player to step outside of the 6 feet line as long as they have one foot inside the box by the time the ball is released from their hand.

LADIES THROWBALL BYLAWS

RULES

Game Play

- Any ball after catching (during rally) shall be thrown within three (3) seconds, only from above the waist-line and only with one (1) hand.
- A player after receiving the ball is permitted only one (1) step forward, backward or sideways.
- Jumping when catching the ball is not allowed.
- Spot jump is allowed while throwing the ball to the opponent court however after stepping, jump is not allowed.
- A player must catch the ball with both hands, without any movement of the ball within the hands (dubs), and the player should have contact with the ground.
- A player must return the ball with only one (1) hand without touching any part of the body.
- Two (2) players are not allowed to catch the ball simultaneously.
- Players may not interfere with opponents while the ball is in play, which includes yelling at opponents or hindering an opponent's legitimate attempt to play the ball, which will result in a fault.
- Shift is allowed as long as the player shifts the ball without taking both hands off the ball.

Fouls

- Juggling: Ball slipping in the hands at the time the player receives the ball.
- Double Contact: Player receives the ball in his/her hands and the ball bounces in hands two (2) times.
- Body Touch: While throwing/returning/receiving, the ball touches any part of the body except the palms
- Delay: A player keeping the ball for more than three (3) seconds or the server serving the ball five (5) seconds after the referee's whistle.
- A ball rebounding or bouncing from the net can be received by another player and is not a foul, but intentionally throwing the ball to the net is a foul.
- The service ball touching the net is considered a foul.
- Movement: A player taking more than one (1) step forward, backward or side ways after receiving the ball.
- Clash: Catching the ball simultaneously by two (2) or more players.
- Jumping and receiving the ball is not allowed, however, jumping and throwing the ball is allowed before stepping.

LADIES THROWBALL BYLAWS

RULES

Substitutions

- Substitution is the act by which the referee authorizes the player to leave the court and another player to occupy the same order position.
- Substitution must be done from the specified substitution area with the permission of the referee and/or umpire.
- The Captain must provide a starting line up of all players before the match begins.
- Five (5) substitutions is the maximum permitted per team per set.
- If a team would like to interchange the position of two players already in court they may do so and it will be considered as 3 substitutions out of the 5 allowed to them.

Time-outs

- Each team may call a time-out in a set at any time.
- Referee/umpire may call an official/technical time-out if required.
- All time-outs that are requested last for one (1) minute. Each team may request two (2) time-outs per set.
- After each set, the teams change courts, with the exception of the deciding set.
- All intervals between sets shall last five (5) minutes.
- In the deciding set, once the leading team reaches ten (10) points, the teams change courts without delay and the players' positions remain the same.

Coaching

- Coaching is considered to be communication, advice or instruction of any kind to a player.
- Coaching can only be provided to the player(s) during the two (1) minutes time-outs allotted per team per set, and during the five (5) minute interval break between sets.

Illness, Injury and Bleeding

- A player who suffers an illness that involves neither an injury nor bleeding must either continue to play immediately, or the team may use the one (1) two (2) minute time-out allowed, if available, during a set or substitute the player who is ill.

LADIES THROWBALL BYLAWS

RULES

- This includes conditions such as a cramp, nausea, breathlessness and asthma.
- Should a serious accident occur while the ball is in play, the referee has the discretion to stop the set immediately and permit medical assistance to enter the court. The rally will then be replayed.
- If the referee deems the injury to be genuine and the injured/ill player cannot be substituted legally, the player shall be given a two (2) minute recovery time, but not more than once for the same player in the match.
- After the two (2) minute recovery time, if the player does not recover, the team may request a legal time-out, if available, during the match of two (2) minutes. If the player still has not recovered, the team can substitute the player out or play without and continue.
- Whenever bleeding occurs, the bleeding must be stopped before the player can continue.
- Play shall be suspended immediately and the player shall receive medical treatment.
- Play shall not resume until all traces of blood have been removed from the playing surface.
- If immediate medical treatment does not rectify the injury, the player must be substituted or replaced until the bleeding is stopped and the blood is removed from his/her uniform if possible.
- A team is declared incomplete if it has fewer than seven (7) players on the court and shall forfeit the match but retain any points already scored and any sets already won.
- Bloodstained clothing must be replaced, if possible.
- Whenever bleeding occurs, the bleeding must be stopped before the player can continue.
- Play shall be suspended immediately and the player shall receive medical treatment.
- Play shall not resume until all traces of blood have been removed from the playing surface.
- If immediate medical treatment does not rectify the injury, the player must be substituted or replaced until the bleeding is stopped and the blood is removed from his/her uniform if possible.



LADIES THROWBALL BYLAWS

RULES

Appeals

- The coach or captain may appeal to the referee.
- The umpire's decision is final.
- Any player found disputing against the umpire will receive a penalty and the opponents team will receive a point.
- Any player can be removed for inappropriate conduct.

Umpires

- Each game will consist of 1 umpire and 2 linesman
- For the linesman we will need participants to assist us during the games that are not played by your country.
- Linesmen have to be there on time.

Any queries/concern/disputes should be channelled to the Unity Games Organising Committee. The final interpretation of the by-laws shall be done by the Unity Games Committee.

Salaams and Duas,

UG2023 x AFSC

www.unitygamesdubai.com