

SECTION 1

FACILITIES AND EQUIPMENT

1. PLAYING AREA AND DIMENSIONS

The playing area includes the playing court and the free zone. It shall be rectangular and symmetrical. Matches can be played on sea beaches or river shores etc.

1.1 DIMENSIONS

a. Seniors : 15.30x9.20m Refer Annexure : Court Dimensions.

1.2 HEIGHT OF THE NET

The height of the net shall be measured from the ground surface to top of the net.

a. Men & Women (Seniors) : 2.30m

1.3 PLAYING SURFACE

The surface shall be sand based. It should not cause any danger to the players. It is not permissible to play on rough and stoned surfaces.

1.4 LINES ON THE COURT; Borderlines and Line Thickness

Two side lines and two end lines mark the playing court. Both side lines and end lines are drawn inside the dimensions of the playing court. All the lines shall be marked with 5 cm width and shall form the part of the playing area.

1.5 ZONES AND AREAS

a. Box/Neutral Zone

Both the sidelines starting from the center line parallel on either side at a distance of 1.5 mts parallel to each other shall constitute the box.

b. Service Area

The parallel area away from the end line on either sides of the court, covering half of the playing area on the right side, shall be the service area. It should be marked with the dotted lines of 5 cms thickness at the gap of 30 cms from the end-line up to the Free-zone line.

c. Free Zone

There shall be 3m Free-Zone all-round the playing area. Nobody shall be allowed to enter in this area except substitute players.

1.6 TEMPERATURE

The minimum temperature shall not be below 15C for all competitions upto national level.

1.7 POLES/POSTS

- a. The diameter of the each pole shall be 10 cm
- b. The total length of the pole shall be 3.50 m
- c. The poles shall be made up of metal and shall be painted white
- d. The poles shall be fixed exactly on the centre of the side line at the distance of 75 cm away from the sidelines on either side of the court.
- e. There shall be pulleys at the top of the pole facing on either side.
- f. The Pole shall be adjustable in nature, to maintain accuracy of the height of the net.

1.7 NET AND ANTENNA

- a. The net shall be made up of either cotton or nylon
- b. The length of the net shall be 9.50 mts for Seniors/Youth/Juniors groups
- c. The width of the net shall be 1.00 m
- d. Size of each mesh of the net shall be 10x10 cm
- e. At its top a horizontal band, 7 cm wide, made of two-fold white canvas, is sewn along its full length. Each extreme end of the band has a hole, through which passes a cord, fastening the band to the posts for keeping its top tight.
- f. Within the band, a flexible cable fastens the net to the posts and keeps its top tight; an iron/metal cord is preferable.
- g. Two antennas shall be fixed along with the white ribbon (5 cm width) on both sidelines.
- h. Antenna should be 1.80m in length and 10 mm thickness. It can be made up of hollow plastic or aluminum, painted white and red with color 10 cm alternatively.

1.7.1 ANTENNA

- a. An antenna is a flexible rod, 1.80m long and 10 mm in diameter, made of fibre glass or similar material. An antenna is fastened at the outer edge of each side band. The antennas are placed on opposite sides of the net.
- b. The top 80 cm of each antenna extends above the net and is marked with 10 cm stripes of contrasting colour, preferably red and white.
- c. Antenna should be 1.80 m in length and 10 mm thickness. It can be made up of hollow plastic or aluminum, painted white and red colour with 10 cm alternatively.
- d. The antennas are considered as part of the net and laterally delimit the crossing space.

1.8 BALL

- a. The ball shall be spherical in shape with lemon yellow colour and dark blue stripes.
- b. The ball shall be made up of synthetic leather.
- c. The size of the ball shall measure (when inflated) 70 cm circumference.

- d. The weight of the ball shall be 450 gms +/- 10 gms
- e. The pressure of the ball shall be equal to 0.6-1.1 atmosphere (=600 -1, 100 g/cm²) at Sea level.

1.8.1 The technical committee from time to time shall decided about approved materials.

1.8.2 UNIFORMITY OF BALLS

All balls used in a match must have the same standards regarding circumference, weight, pressure, type, colour etc.

SECTION 2

TEAM COMPOSITION

2.1 AGE GROUP AND RELATED COMPETITIONS

- a. Senior Championships : No Age Restriction

2.2 THE TEAM

a. The team shall consist of a maximum of 7 players. The playing team shall comprise only 3 players during play. However substitution of 4 players from the list of 7 members is allowed. But at no point of time the playing team shall exceed 3 members. Further each team may include one coach and one doctor. Only one manager is allowed for both men & women state team.

- b. A match is considered invalid, if there are less than 3 players in either side of the team.

c. Names of the players entered in the score sheet before the commencement of the match, shall only be eligible to play in the match. The Captain and the Coach shall sign the score sheet prior to the commencement of the match.

d. Players are forbidden to wear any kind of plastic/metallic articles which can cause injuries to the players.

2.2.A LOCATION OF THE TEAM

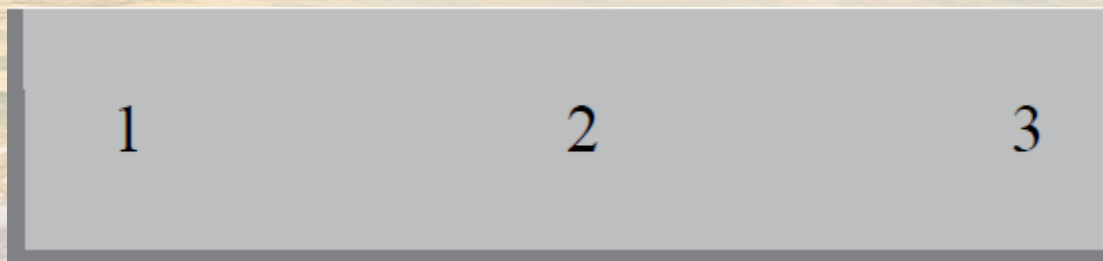
The players not in play should sit in their team bench. The coach and other team members shall sit on the bench.

Only those names listed in the Score sheet are authorized to occupy the bench in the competition area (Court).

The benches for the teams are 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.

2.3 PLAYERS POSITION

a. The position of the players in the court shall be as follows:



b. The player standing in position 3 shall make the position to serve the ball.

c. The rotation of the position of the players must be moving to the right from position 1-2-3 and return to 1.

d. Players shall wear sleeveless t-shirts numbered 1 to 7 and numbers shall be clearly visible on both front & back.

2.4 PLAYERS UNIFORM

a. All players should wear sleeveless colored uniform including T-shirt/Jersey and shorts.

b. The shorts should be designed in such a way that they are not stretched below the knee level.

- c. Players can wear suitable sports shoes (optional).
- d. It is mandatory to wear sleeveless Jersey & Shorts for both Men & Women (also boys & girls).
- e. Each team should bear the bib/Jersey numbers from 01 to 07 only. Size of the bib number should be 5x10 cm in the front and 10x20 cm at the back.
- f. Bib number 0, 00 or any alphabets, shall not be permitted.
- g. The numbers in each team should be sequenced in such a way that they are not repeated among the team members.
- h. The captain of the team for each match shall be pinned with distinguished coloured ribbon-strip/band on the shoulder.
- i. The Jersey numbers of the players shall be same for the entire tournament/championship.

SECTION 3

THE BEACH THROWBALL GAME

3.1 START OF PLAY-PLAYER'S POSITION AND 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 court and shall inform the same to the Referee.
- b. Players in their respective sides of the court shall take the proper positions in order as mentioned (under 2.3).
- c. Soon after the referee blows the whistle the play starts.
- d. Rotation position order of the players shall be maintained throughout the set.
- e. Rotation position order of the players can be changed for any subsequent sets informing the umpire.
- f. During the play, if any natural/unforeseen disturbance takes place, it will be considered as a common ball and re-service shall be given.

3.2 SERVICE

- a. The course of service starts from the time the referee has signaled to serve 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 from above the shoulder level in one course of action. If the ball is served below the shoulder level, it is considered a foul.
- c. Players 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 plying area.

- d.** Any player serving the ball before the referee's whistle shall be considered in valid and a warning must be given for the first time and for similar sort of mistakes subsequently made by the same team or player then yellow the card shall be shown to the team.
- e.** The service ball touching the net/antenna shall not be permitted and shall lose the service and a point to the opponent should be given.
- 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, except box line.
- 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 the opponent should be given.
- i.** If the service ball directly touches the opponent's court without any contacts of the players, 2 points should be given to the server team.
- j.** If the service ball directly touches the opponent's court without any contacts of the players during super service, 4 points should be given to the server team.
- k.** Each team will get 1 super service in a set. Team Captain has to call super service on or before 8 points of the set. The team which gains the point while super service will gain 2 points. If the team captain fails to call for super service on or before 8 point of the set the chance of super service get lapsed in that set.

3.3 BALL IN OR OUT

- a.** Any ball during play, falling on any line of the playing area is a good ball except the neutral zone line/box line.
- b.** Any ball during play that falls into the neutral box/on the box line is considered as a dead ball and the team that committed such foul, shall end- up losing a point and service.
- c.** Any ball during play that falls on the ground outside the playing area, with or without touching the players is considered as out ball.
- d.** Any ball touching the antenna is an out ball.
- e.** The ball touching the net during the rally shall be permitted and the rally shall continue.

3.4 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 only one hand. If not so, it is called as both hands throw and is not permitted.
- c.** A player must have his contact with the ground while receiving the ball. A player jumping and receiving/holding the ball in the air is not permitted and it is given foul.
- d.** Any player during the play shall not touch the box line.

e. A ball in rally (except service ball) if slipped or dropped by a player (not deliberately) before touching the ground in the court can be handled by any one of the team male and can return it to the opposite court.

f. Ball shall be thrown by the player above the chest level only. Players receiving the ball at any level, should bring it to the chest level and then should be released within three seconds in one course of action. Otherwise it is considered as a throw below the chest and foul.

3.5 BALL HANDLING

a. Catching the ball :

Holding the ball simultaneously by both hands family is permitted. Player shall receive the ball at any level having contact with the ground.

b. Improper Catching

1. Catching the ball without having at-least one leg in contact with the ground.
2. Catching in one hand and throwing back.
3. At the time of catching, the ball touching to any other part of the body apart from the palm.

c. Release of the ball during rally:

1. The player should throw (release) the ball above the Chest level in one course of action within 3 seconds after catching the ball with contact of the ground or with jumping action.
2. At time of release the ball should not touch the fore arm or the jersey or the head/hair, if so such player/team shall lose the point and service.

d. Tapping/Pushing: Tapping of the ball deliberately by the player shall not be permitted. Straight pushing without any wrist movement is allowed.

e. Body touch: While throwing, the ball shall not touch any part of the body except the palm. If so, it amounts to body touch.

f. Shifting:

1. The player shall throw the ball from the same side on which he/she receives the ball. The side change, from right to left or left to right shall not be permitted, and if so is called shifting.
2. If the ball is caught in an exact centre position of the body, then it may be released on either of the hands, but the position of the ball is important. The position of the ball shall be decided with the position/line of the nose.

g. Delay: 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 it causes delay. 3 seconds may be decided by counting 1001, 1002 and 1003.

h. 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.

3.6 SCORING

a. All matches shall be played for best of 3 sets for both men and for women.

b. Each set of a match shall constitute of 15 points (Rally Score)

c. The team winning two out of three sets shall be declared as winners.

d. In case of 14 points each, the play is continued until a two points lead is reached, i.e., 14-16 or 15-17. When the score is 16 points each, any team scoring 17th point first shall be declared as the winner.

e. In the deciding set (3rd), after reaching 8th point by any one of the team, there shall be a change of side. However, the position of the players shall remain the same.

f. The scores shall be mandatorily displayed on the scorer table.

3.7 SUBSTITUTION

a. Substitution shall be allowed by the Umpire on the request of the Captain or Coach only.

b. The substitution request shall made to the Umpire only and not to the referee directly.

c. The action of substitution shall not happen during the period of team-time-out or technical time-out or at any moment when the game is stopped for any reason. But once the players are back to their positions then substitution shall be permitted.

d. Substitution shall happen in front of the scorer table, exactly in the neutral box, in which the outgoing player shall leave the court first and then the incoming player shall enter the court.

e. Substitution is the act by which the referee authorizes the players to leave the court and another player (substitute) to occupy the position.

f. Entering of a substitute player in to the court and exit of a playing player in that position of the court should be considered as completion of one substitution.

g. There shall be 4 substitutions permitted in a set.

h. One or more players may be substituted at one time in a set one is to one substitution is mandatory.

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

j. Substitution is not allowed for a player who is expelled from the match due misconduct/red card.

k. The referee shall penalize the team/captain :

1. If there is unnecessary delay during substitution of players.

2. Illegal Substitution.

3. Requesting for substitution, even when the maximum limit of substitutions is completed.

I. Change of players in between sets shall not be considered as substitution but should be intimated to the scorer before the commencement of the fresh set.

3.8. A Exceptional substitution

a. Exceptional substitution under the limit of the rule may be permitted by the referee in case of injury of a player or if a player is unable to play due to ill condition of the health.

b. In such a case the player entering the court shall start playing from position number one i.e., left side of the front zone, but not from the position where the injured player went out. In this situation all the other players shall move one position ahead.

3.9 TIME OUT

a. Two time outs for each team in a set shall be permitted.

b. Duration of each time out shall be 30 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 time out.

e. Substitution of players is not permitted, during the time out.

f. Technical time out:

1. Time out may be taken by the referee as peer the directions of the technical committee to regularize the implementation of routine rules of the game. The maximum time limit is 5 minutes.

2. Mandatory Technical Time Out shall be taken in the deciding the set, when any of the teams reach the score of 10.

3.9. A DURATION BETWEEN SETS

a. A maximum of 5 minutes shall be permitted as duration between two sets up to 3 set.

3.10 DURATION BETWEEN MATCHES

a. A team should be given a minimum of 15 minutes duration in between the matches up to quarter final. (All league matches).

b. A team should be given a minimum of 15 minutes before it plays in the semifinals.

c. A team should be given a minimum of 15 minutes, in a semifinal super league round.

d. A team should be given a minimum of 30 minutes duration before it plays the finals.

3.11 CONDUCT

Conduct of players / coach / manager may be considered as misconduct in the following circumstances.

- a. Addressing or questioning repeatedly the officials, regarding decisions.
- b. Making unpleasant actions or movement to influence the 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 the decision.
- e. Team members abusing the opponents, spectators, grounds-men, Officials etc.
- f. Un sportsmanship behavior in the court by the team members.
- g. Tampering /Damaging the playing surface or play related equipment.

3.12 PUNISHMENT

- 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 misconduct for the second time, shall be expelled from the particular set and match indicating the red card by the referee. If a player is expelled from the set then the team is not fulfilling the criteria mentioned in (point B of 2.2) out of which the opponents team declared with for the particular set.
- c. 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.
- d. If the Manager/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 be seated in the spectator stands.

3.13 ABANDMENT OF THE MATCH

- a. The match can be stopped by the referee in any unforeseen incidents natural calamities, disturbances etc., for maximum of 30 minutes.
- b. In case of more than 30 minutes delay, the entire match shall be replayed.
- c. However, referee shall consult the convener/ organizing secretary/ technical committee in any such unforeseen incidences before the execution of the decision.

3.14 PROTEST

- a.** A protest shall not be entertained in any case against the referee's decisions.
- b.** However, the protest on the point of fact on other matters related to the game shall be entertained.
- c.** Protests shall be lodged only by the manager or captain in writing within 15 minutes soon after completion of the match along with the prescribed fee.
- d.** There shall be a protest fee of 1000 Rupees. (to be paid to the convener of the tournament). If the protest is upheld, half of the fee will be returned otherwise the fee will not be returned.
- e.** If there are any objections before the commencement of the match by either of the teams, the match shall not be stopped and played under protest. However if a team does not turn up within the stipulated period of 15 minutes. The present opponent team shall be declared as the winner of the match.
- f.** Age related protests shall be received from the teams only if there are necessary & authenticated documents produced by the protesting team.

3.15 MATCH OFFICIALS

- a.** There shall be six officials for a match. One referee, one umpire, two line umpires, one scorer and one assistant scorer and one observer.
- b.** Referee shall be solely responsible for the smooth conduct of the match ensuring the assistance from the remaining officials and referee's decision shall be final.
- c.** The observer shall control the play area including the free zone and shall report to the technical committee about the conduct of the match. Observer has right to take technical time out whenever he feels any kind of incorrect judgment made by referee and report to technical committee.
- d.** Umpire shall line up both the teams call the captain, toss the coin, decide the service side of the court and indicate the referee to commence the match.
- e.** Umpire shall note the chest numbers of the players, position of the players and shall maintain and regulate the rotation order of the players. Umpire shall also observe good/out ball on the respective sidelines and can assist the referee.
- f.** Scorer shall ensure the entry of the names of the players along with the chest numbers before commencement of the match. Scorer always should maintain scoring point by both the teams throughout the match. Scorer should also indicate 8th point of the deciding set to the referee for side change.

- g.** Assistant scorer shall record substitution, time out and punishment or warnings exercised by the referee.
- h.** Line umpires shall observe the ball in/out of the respective sides. They shall also observe line cross of the player during the service.
- i.** Match convener designated by the Federation shall decide and allot the officials for every match from the available officials and also should co- ordinate to regulate and supervise all matches.
- j.** Score display board may be arranged conveniently by the local organizers.

3.16 OFFICIAL UNIFORMS AND EQUIPMENTS

Officials shall act only in the specified uniform and essential equipment.

3.16.a SPECIFIED UNIFORM

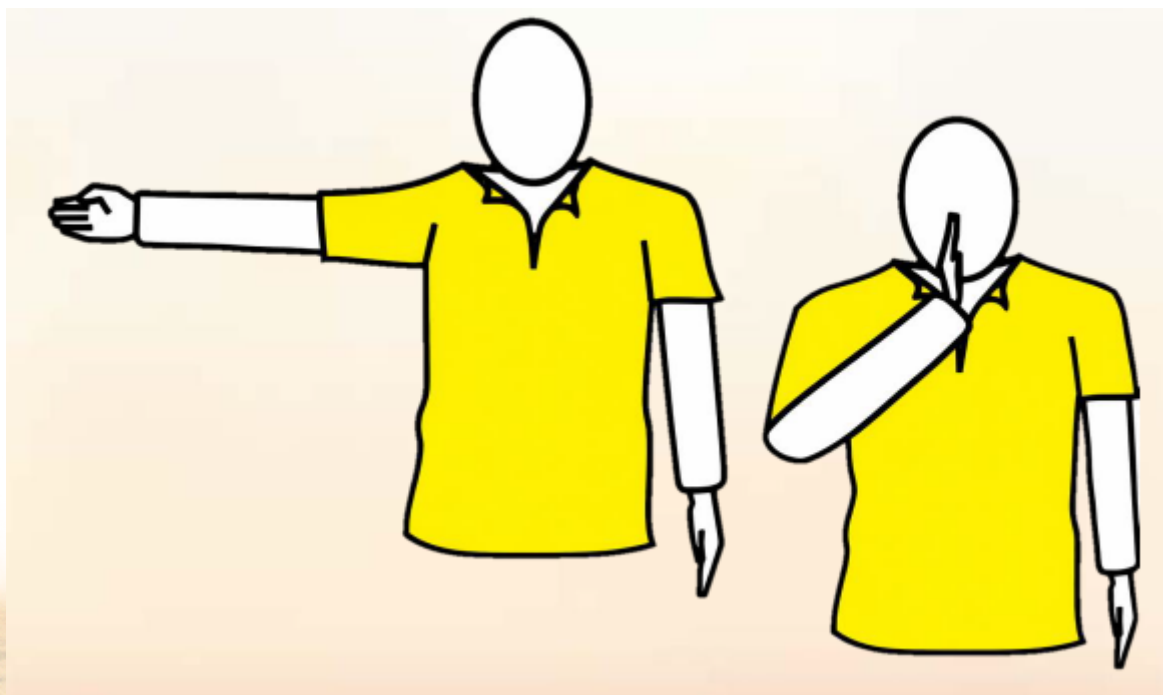
- 1.** Local Organizing Committee has right to give standard Uniform by the approval of BTFI.

3.16.b SPECIFIED EQUIPMENT

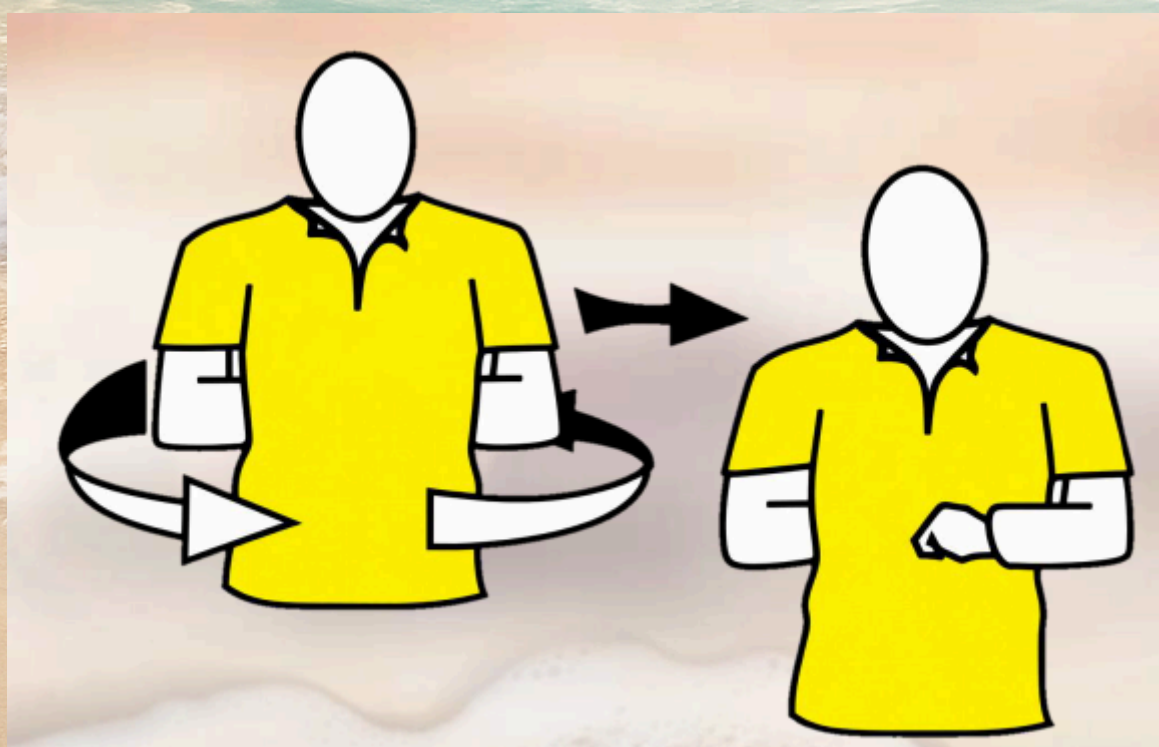
- 1.** Every official must have one whistle; one set of indicator cards (yellow and red) a pen and a pocket diary.
- 2.** Size of the card shall measure 5x8 cm
- 3.** Game equipments: Official Ball, Net, Measuring tape, Antenna pipe and Ribbon and any other accessories necessary of the smooth conduct of the match/game.
- 4.** Large visible board for scoring.
- 5.** A stopwatch is mandatory for a scorer to have a check at the situations when the match in interrupted.

REFEREES' OFFICIAL HAND SIGNALS

1. TO START THE GAME/ SERVICE



2. CHANGE THE COURTS



3. ROTATION FAULT



4. LINE TOUCH OR CROSS





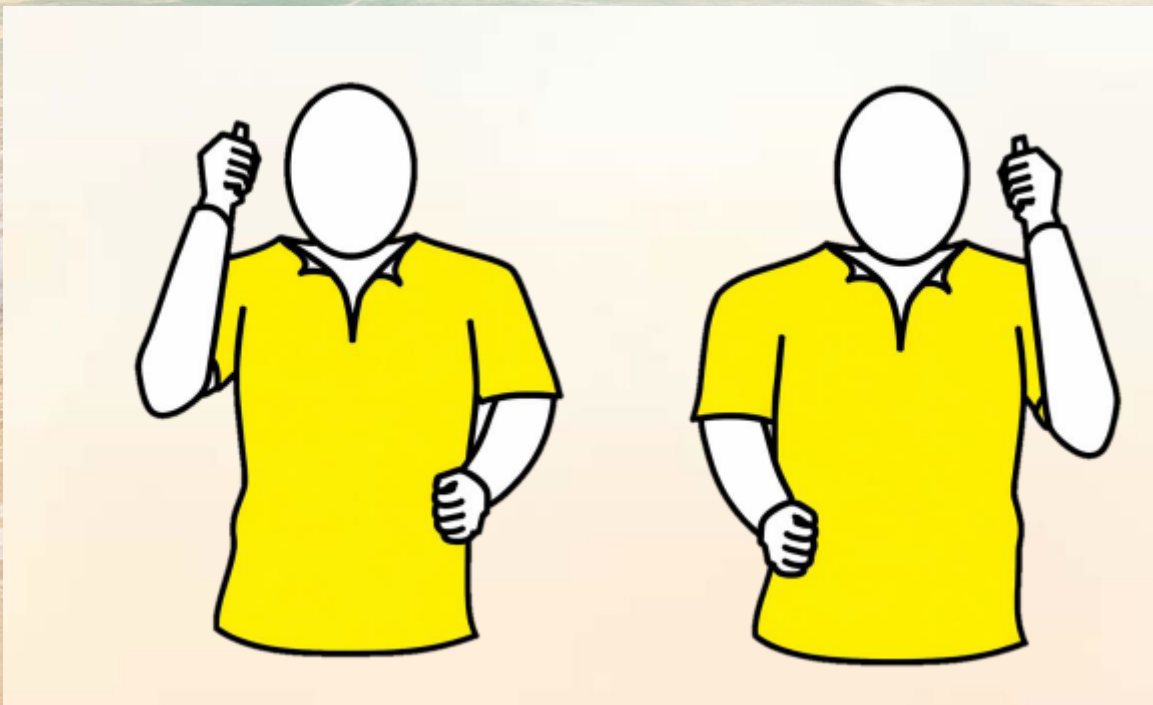
5. TWO TOUCHES



6. BALL ON THE LINE



7. MOVEMENT



8. THREE TOUCHES



9. BALL TOUCH OUT



10. BALL IN



11. BALL OUT



12. BALL INSIDE THE BOX (DEAD BALL)





13. THREE SECOND DELAY



14. CLASH



15. BODY TOUCH



16. SHIFTING



17. FIVE SECONDS DELAY





18. SUPER SERVICE





19. SUBSTITUTION



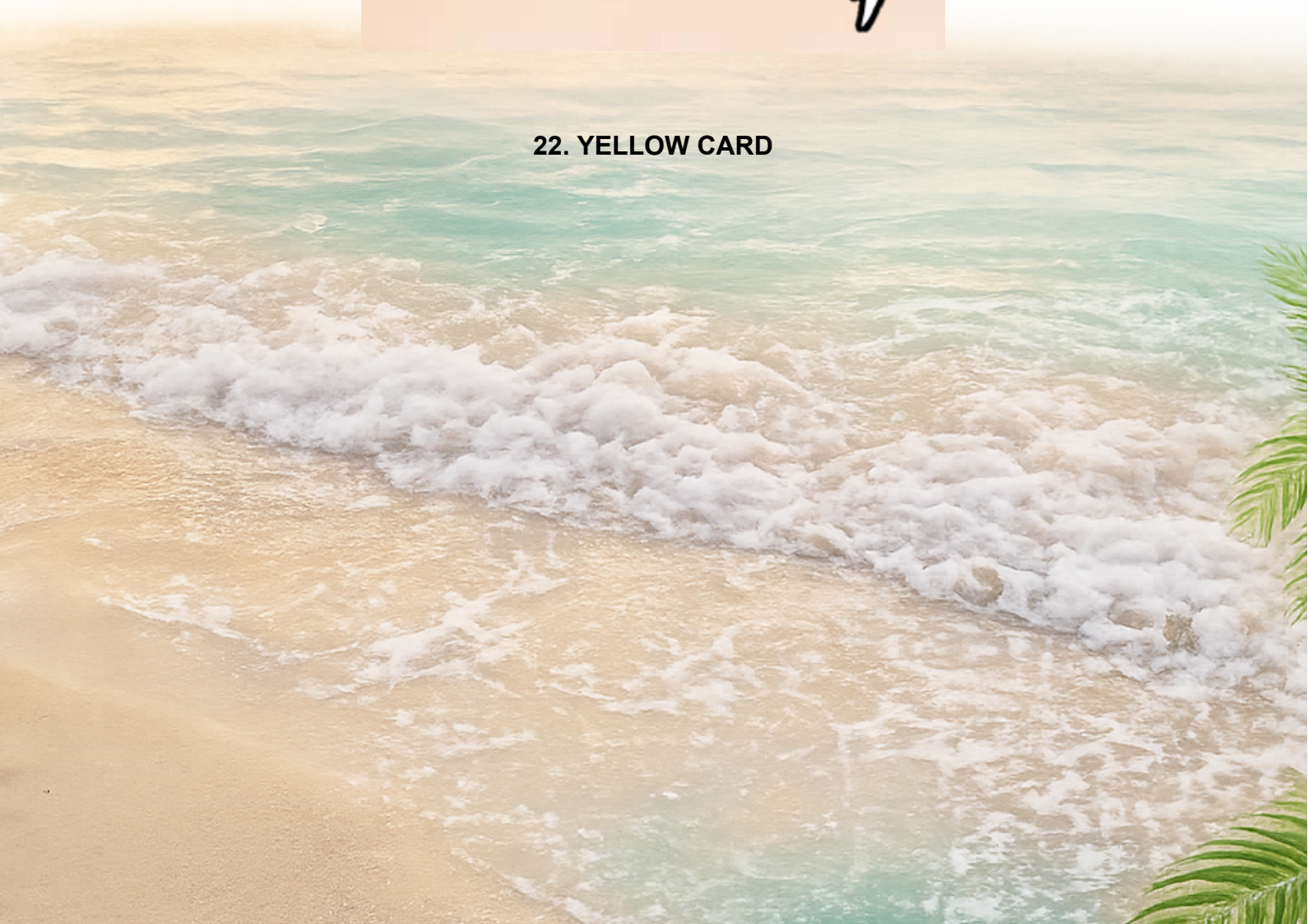
20. SUBSTITUTION



21. TAPPING



22. YELLOW CARD





23. RED CARD



24. YELLOW & RED CARD





25. END OF SET (OR MATCH)



26. COMMON BALL/ RE- SERVICE





27. BALL TOUCHING NET/ ANTENA



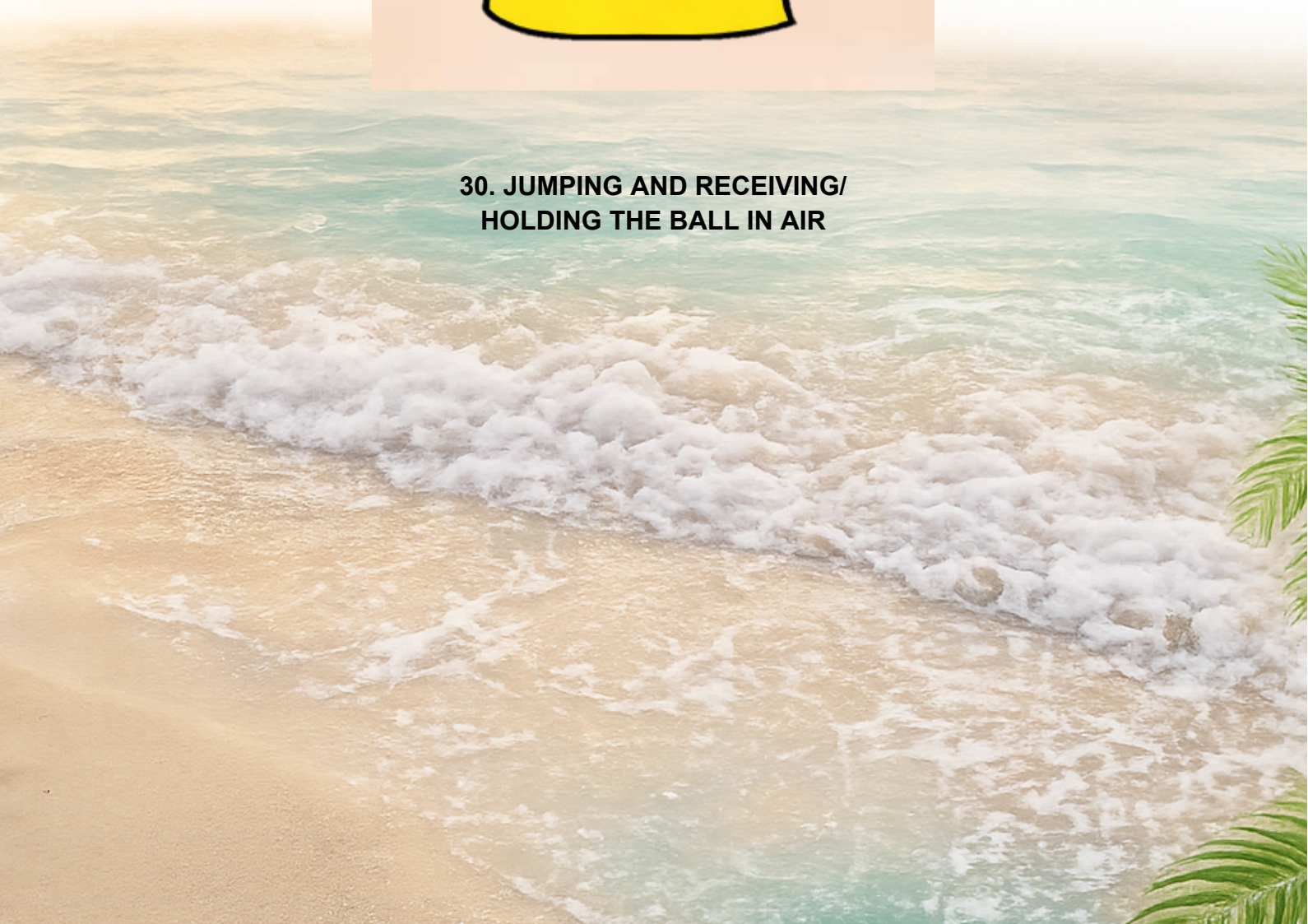
28. BELOW THE SHOULDER LEVEL



29. OFFICIAL TIME OUT



**30. JUMPING AND RECEIVING/
HOLDING THE BALL IN AIR**





31. BOTH HAND THROW





32. GROUND BALL





SECTION – 6

TOURNAMENT REQUIREMENT

NATIONAL LEVEL:

- The minimum essential requirements for any National level Tournaments are as follows.
- Tournaments should be conducted on league cum knock out basis.
- Duration of the tournament is Three days minimum.
- Minimum three match courts and one practicing courts need to be prepared.
- Convenient and comfortable accommodation with local transport must be provided.

- Organizers should procure all the necessary materials (Balls, Nets, Antennas, Score sheets and copy of rules and regulations) from the Beach Throwball federation of India.
- A wide publicity (Press, Media and advertisement etc.,) should be given quiet well in advance to popularize the game.
- A clean and tasty food at free of the cost must be provided to all officials and players separately.
- First aid and medical facility along with the doctor at the field must be available.
- Honorarium and T.A/D.A shall be extended to all officials.
- Match schedule/fixtures should be announced as per the standard norms as per the beach throwball federations.
- Each participating team shall include 7 players, one coach and one manager & two officials.
- Entry fee shall be insisted on by the concerned national federation.
- All the state organisations must complete the state league or championship before the National Championship.

TOURNAMENT ORGANIZATION:

The general guidelines to be followed for the organization of tournaments at different levels are as follows:

- **Ground / Court Preparation:** The organizers shall ensure that the Beach Throwball court is properly marked as per the approved dimensions, with clean, leveled sand free from stones, debris, or any hazardous material. Adequate drainage arrangements should be made to keep the playing surface safe and playable.
- **Equipment:** All equipment such as posts, net, boundary markings, balls, scoreboards, and other materials must conform to the specifications approved by the concerned Federation. Sufficient reserve equipment should also be kept available.
- **Technical Officials:** Qualified referees, umpires, line judges, scorers, and other technical officials recognized by the Federation must be appointed to ensure fair conduct of matches.
- **Player Facilities:** Basic amenities for players including changing rooms, drinking water, rest areas, washrooms, and medical assistance must be provided. Separate arrangements for men and women teams should be ensured where applicable.

- **Medical & Safety Arrangements:** First-aid facilities, ambulance services, and medical personnel should be available throughout the tournament. Necessary safety measures must be taken to prevent injuries and handle emergencies.
- **Match Management:** A proper match schedule, fixtures, and timing must be prepared in advance and communicated to all participating teams. Matches shall be conducted strictly according to the official rules of Beach Throwball.
- **Security & Discipline:** Adequate security arrangements should be made to maintain discipline, control crowd movement, and ensure the safety of players, officials, and spectators.
- **Accommodation & Transport (if applicable):** For higher-level tournaments, organizers should arrange suitable accommodation, meals, and local transport for participating teams, officials, and invited guests.
- **Publicity & Communication:** The event should be adequately publicized through media, banners, announcements, and digital platforms. Clear communication channels must be maintained with teams and officials.
- **Environmental & Fair Play Measures:** The organizers should maintain cleanliness of the venue and promote sportsmanship, fair play, and respect among all participants.
- **Compliance with Federation Rules:** All organizational aspects must strictly adhere to the rules, regulations, and directives issued by the respective governing Federations.

These guidelines shall help ensure the smooth, safe, and successful conduct of Beach Throwball tournaments at Regional, State, National, and International levels.

Thanking You

