

## RULES & REGULATIONS

- The playing court is somewhat larger than a volleyball court at 12.20 by 18.30 metres (40.03 × 60.04 ft) with a neutral box 1.5 metres (4 ft 11.06 in) on either side of the centre.
- The height of the net is 2.2 metres (7.22 ft). The ball is similar to a volleyball but may be slightly larger.
- While in volleyball the ball is hit or *volleyed* throughout play, in throwball the ball is thrown over the net, where a member of the other team tries to catch the ball and quickly throw it back across the net.
- An official game is played between two teams of seven players. A maximum of five substitute players is allowed for each team, which can make a maximum of five substitutions during a set.
  
- A team can take two time-outs of 30 seconds each during a set. The first team to score 25 points wins a set.
- A match is of three sets.
- Service is within five seconds after the referee whistles and is done from the *service zone*, without crossing the *end line*. A player can jump while serving the ball.
  
- The *service ball* must not touch the net.
- Double touch is not allowed for receiving the service ball and players stay in 2-3-2 position during the serve.
  
- During a rally, the ball must be caught at once with both hands, without any sound or movement of the ball within the hands (*dubs*) and the player should have contact with the ground.
- Two players are not allowed to catch the ball simultaneously.
- The ball is thrown within three seconds after being caught, only from above the shoulder-line and only with one hand.
- A player can jump when throwing the ball, which can touch the net (but not the antenna).
- The player should have contact with the ground when catching the ball. However, the ball is not touched with any part of the body other than the palm when catching or throwing (*body touch*).
- The ball can neither be shifted (passed) to the left or right, nor deliberately pushed.
- In official play, teams wear a shorts and jersey uniform with numbers only in the range of 1-12 printed front and back.