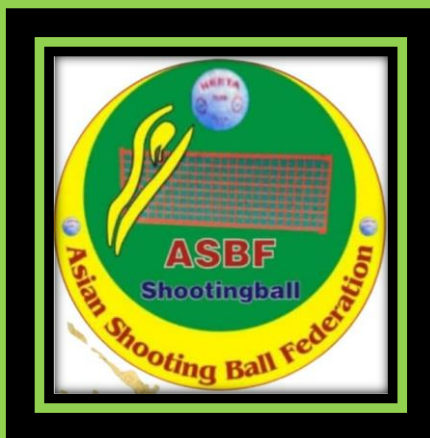


ASIAN SHOOTING BALL FEDERATION

Affiliated to: International Shooting Ball Federation



OFFICIAL SHOOTINGBALL RULES 2024

Approved by the Asian Shooting Ball federation

To be implemented in all competitions beginning after 1st January 2024

Address : Campus S. D. Public School, Raj Nagar Extension,
Ghaziabad 201017 (Uttar Pradesh)
Email: asianshootingball2017@gmail.com,
Website: www.asianshootingballfederation.com

CONTENTS

PART 1: PHILOSOPHY OF RULES AND REFEREEING

PART 1 - SECTION 1: GAME

CHAPTER 1: FACILITIES AND EQUIPMENT

1-4

PLAYING AREA.
DIMENSIONS
PLAYING SURFACE
LINES ON THE COURT
ZONES AND AREAS
TEMPERATURE
LIGHTING
NET AND POSTS
HEIGHT OF THE NET
STRUCTURE
POSTS
ADDITIONAL EQUIPMENT
BALLS
STANDARDS
UNIFORMITY OF BALLS

CHAPTER 2: PARTICIPANTS

TEAMS 5-8
TEAM COMPOSITION
LOCATION OF THE TEAM
EQUIPMENT
CHANGE OF EQUIPMENT
FORBIDDEN OBJECTS
TEAM LEADERS
CAPTAIN
COACH
ASSISTANT COACH

CHAPTER 3: PLAYING FORMAT

TO SCORE A POINT, TO WIN A SET AND THE MATCH	9-11
TO SCORE A POINT	
TO WIN A SET	
TO WIN THE MATCH	
DEFAULT AND INCOMPLETE TEAM	
STRUCTURE OF PLAY	
THE TOSS	
OFFICIAL WARM-UP SESSION	
TEAM STARTING LINE-UP	

CHAPTER 4: PLAYING ACTIONS

11-18

STATES OF PLAY	
BALL IN PLAY	
BALL OUT OF PLAY	
BALL "IN"	
BALL "OUT"	
PLAYING THE BALL	
TEAM HITS	
SHOOT HIT	
FAULTS IN SHOOT THE BALL	
BALL AT THE NET	
BALL CROSSING THE NET	
BALL TOUCHING THE NET	
BALL IN THE NET	
PLAYER AT THE NET	
REACHING BEYOND THE NET	
SERVICE	
FIRST SERVICE IN A SET	
SERVICE ORDER	
AUTHORIZATION OF THE SERVICE	
EXECUTION OF THE SERVICE	
SCREENING	
SERVING FAULTS	
DEFENSE	
DEFENSE THE BALL	

FAULTS OF THE DEFENSE

BLOCKING FAULTS

CHAPTER 5: DELAYS AND INTERVALS

INTERRUPTIONS 18-24

NUMBER OF REGULAR GAME INTERRUPTIONS

SEQUENCE OF REGULAR GAME INTERRUPTIONS

REQUEST FOR REGULAR GAME INTERRUPTIONS

TIME-OUTS AND TECHNICAL TIME-OUTS

SUBSTITUTION

LIMITATION OF SUBSTITUTIONS

SUBSTITUTION FOR EXPULSION OR DISQUALIFICATION

SUBSTITUTION PROCEDURE

GAME DELAYS

TYPES OF DELAYS

DELAY SANCTIONS

EXCEPTIONAL GAME INTERRUPTIONS

INJURY/ILLNESS

EXTERNAL INTERFERENCE

PROLONGED INTERRUPTIONS

INTERVALS AND CHANGE OF COURTS

INTERVALS

CHANGE OF COURTS

CHAPTER 6: PARTICIPANTS' CONDUCT

24-27

REQUIREMENTS OF CONDUCT

SPORTSMANLIKE CONDUCT

FAIR PLAY

MISCONDUCT AND ITS SANCTIONS

MINOR MISCONDUCT

MISCONDUCT LEADING TO SANCTIONS

SANCTION SCALE

APPLICATION OF MISCONDUCT SANCTIONS

SUMMARY OF MISCONDUCT AND CARDS USED

PART 2 - SECTION 2: THE REFEREES, THEIR RESPONSIBILITIES AND OFFICIAL HAND SIGNALS

CHAPTER 7: REFEREES

27-41

REFEREEING CORPS AND PROCEDURES

COMPOSITION

PROCEDURES

1st REFEREE

LOCATION

AUTHORITY

RESPONSIBILITIES

2nd REFEREE

LOCATION

AUTHORITY

RESPONSIBILITIES

SCORER

LOCATION

RESPONSIBILITIES

ASSISTANT SCORER

LOCATION

RESPONSIBILITIES

LINE JUDGES

LOCATION

RESPONSIBILITIES

OFFICIAL SIGNALS

REFEREES' HAND SIGNALS

LINE JUDGES' FLAG SIGNALS

FIXTURE

42

SHOOTING BALL SCORE SHEET

43

PLAYING COURT LAYOUT

44

INTRODUCTION

Shooting ball is one of the most successful and popular competitive and recreational sports in the world. It is **fast**, it is **exciting** and the action is **explosive**. Yet Shooting ball comprises several crucial overlapping elements whose complimentary **interactions** render it unique amongst rally games.

In recent years the SBFJ has made great strides in adapting the game to a modern audience.

SHOOTINGBALL IS A COMPETITIVE SPORT

Competition taps latent strengths. It exhibits the best of ability. The rules are structured to allow **all** of these qualities.

:Main Skills of the game are

Service

Attack

Defense

Blocking

GAME CHARACTERISTICS

Shooting ball is a sport played by two teams on a playing court divided by a net. There are different versions available for specific circumstances in order to offer the versatility of the game to everyone.

The object of the game is to send the ball over the net in order to ground it on the opponent's court, and to prevent the same effort by the opponent. The team has only single hits for returning the ball but if a attacking proper shoot hit the net the team has maximum three hit for returning the ball.

The ball is put in play with a service: hit by the server over the net to the opponents. The rally continues until the ball is grounded on the playing court, goes "out" or a team fails to return it properly.

1 PLAYING AREA

The playing area includes the playing court and the free zone. It shall be rectangular and symmetrical.

1.1 DIMENSIONS

The playing court is a rectangle measuring 33' x 66' (10.058m x 20.117m) surrounded by a free zone which is a minimum of 2 m wide on all sides.

The free playing space is the space above the playing area which is free from any obstructions. The free playing space shall measure a minimum of 8 m in height from the playing surface.

1.2 PLAYING SURFACE

1.2.1 The surface must be flat, horizontal and uniform. It must not present any danger of injury to the players. It is forbidden to play on rough or slippery surfaces

1.2.2 On indoor courts the surface of the playing court must be of a light colour.

1.2.3 On outdoor courts a slope of 5 mm per metre is allowed for drainage.
Court lines made of solid materials are forbidden

1.3 LINES ON THE COURT

1.3.1 All lines are 5 cm wide. They must be of a light colour which is different from the colour of the floor and from any other lines.

1.3.2 Boundary lines

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. In depth, the service zone extends to the end of the free zone.

1.3.3 Center line

The axis of the center line divides the playing court into two equal courts measuring 33Ft x 33Ft each; however the entire width of the line is considered to belong to both courts equally. This line extends beneath the net from side line to side line.

1.3.4 Netman line

On each court, an Netman line, whose rear edge is drawn 11 Feet back from the axis of the center line, marks the front zone.

1.4 ZONES & AREAS

1.4.1 Front zone

On each court the front zone is limited by the axis of the center line and the rear edge of the Netman line. The front zone is considered to extend beyond the side lines to the end of the free zone.

1.4.2 Service zone

The service zone is a 11Ft wide area at right side behind each end line. It is laterally limited by two short lines, each 15 cm long, drawn 20 cm behind the end line as an extension of the side lines. Both short lines are included in the width of the service zone.

1.4.3 Substitution zone

The substitution zone is limited by the extension of both attack lines up to the scorer's table.

1.4.4 Warm-up area

For ASBF, World and Official Competitions, the warm-up areas, sized approximately 3 x 3 m, are located in both of the bench- side corners, outside the free zone.

1.4.5 Penalty area

A penalty area, sized approximately 1 x 1 m and equipped with two chairs, is located in the control area, outside the prolongation of each end line. They may be limited by a 5 cm wide red line.

The minimum temperature shall not be below 10° C (50° F).

For ASBF, World and Official Competitions, the maximum temperature shall not be higher than 25° C (77° F) and the minimum not lower than 16° C (61° F).

For ASBF, World and Official Competitions, the lighting on the playing area should be 1000 to 1500 lux measured at 1 m above the surface of the playing area.

2 NET AND POLES

2.1 Height of the Net

2.1.1 Placed vertically over the Centre line there is a net whose top is set at the height of 8'1" for men & Junior boys, 7'8" for Sub Junior boys, women and Junior, Sub Junior Girls.

2.1.2 Its height is measured from the center of the playing court. The net height (over the two side lines) must be exactly the same and must not exceed the official height by more than 2 cm.

2.2 STRUCTURE

The net is 1 m wide and 33' Ft long (with 25 to 50 cm on each side of the side bands), made of 6.5 cm square mesh.

At the bottom of the net there is another horizontal band, 5cm wide, similar to the top band, through which is threaded a rope.

This rope fastens the net to the posts and keeps its lower part taut.

2.3 POSTS

2.3.1 The posts supporting the net are placed at a distance of 6" Inches outside the side lines. They are 2.4892 m (8'2") high and preferably adjustable.

2.3.2 The posts are rounded and smooth, fixed to the ground without wires. There shall be no dangerous or obstructing devices.

2.4 ADDITIONAL EQUIPMENT

All additional equipment is determined by ASBF regulations.

3 BALLS

3.1 STANDARDS

3.1.1 The ball shall be spherical, made of a flexible leather or synthetic leather case with a bladder inside, made of rubber or a similar material.

3.1.2 Its colour may be a uniform light colour or a combination of colours.



3.1.3 Synthetic leather material and colour combinations of balls used in international official competitions should comply with ASBF standards

3.1.4 Its circumference is 48-50 cm and its weight is 280-290g. for Sub Junior Boys, women and girls. 310-320g for men and Junior boys.

3.1.5 Its inside pressure shall be 22 pound for men and Junior boys, 20 pound for Sub Junior Boys, women and girls

3.2 UNIFORMITY OF BALLS

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

ASBF, World and Official Competitions, as well as National or League Championships, must be played with ASBF approved balls, unless by agreement of ASBF.

4 TEAMS**4.1 TEAM COMPOSITION**

- 4.1.1 For the match, a team may consist of up to 12 players, plus
Coaching Staff: one coach, a assistant coach,
Medical Staff: one team therapist and one medical doctor.

Only those listed on the score sheet may normally enter the Competition/ Control Area and take part in the official warm up and in the match.

For ASBF, World and Official competitions for Senior: Up to 12 Players may be recorded on the score sheet and play in a match.

The maximum four staff members on the bench (including the coach) are chosen by the coach him/herself but must be listed on the score sheet, and be registered on the O-2(bis).

The Team Manager or Team Journalist may not sit on or behind the bench in the Control Area.

The Official Regulations for each event will be found in the Specific Competition Handbook.

- 4.1.2 One of the players, is the team captain, who shall be indicated on the score sheet
- 4.1.3 Only the players recorded on the score sheet may enter the court and play in the match. Once the coach and the team captain have signed the score sheet, (team list for electronic score sheet) the recorded players cannot be changed

4.2 LOCATION OF THE TEAM

- 4.2.1 The players not in play should either sit on their team bench or be in their warm-up area. The coach and other team members sit on the bench, but may temporarily leave it.

The benches for the teams are located beside the scorer's table, outside the free zone.

- 4.2.2 Only the team composition members are permitted to sit on the bench during the match and to participate in the official warm-up session.

A player's equipment consists of a jersey, shorts, socks (the uniform) and sport shoes.

4.3 EQUIPMENT

- 4.3.1 The colour and the design for the jerseys, shorts and socks must be uniform for the team. The uniforms must be clean.

- 4.3.2 The shoes must be light and pliable with rubber or composite soles without heels.

- 4.3.3 Players' jerseys must be numbered from 1 to 12.

- 4.3.3.1 The number must be placed on the jersey at the center of the front and of the back. The colour and brightness of the numbers must contrast with the colour and brightness of the jerseys.

- 4.3.3.2 The number must be a minimum of 15 cm in height on the chest, and a minimum of 20 cm in height on the back. The stripe forming the numbers shall be a minimum of 2 cm in width.

- 4.3.4 The team captain must have on his/her jersey a stripe of 8 x 2 cm underlining the number on the chest.

4.4 CHANGE OF THE EQUIPMENT

The 1st referee may authorize one or more players:

- 4.4.1 to play barefoot;
- 4.4.2 to change wet or damaged uniforms between sets or after substitution, provided that the colour, design and number of the new uniform(s) are the same;

- 4.4.3 to play in training suits in cold weather, provided that they are of the same colour and design for the whole
- 4.5.1 It is forbidden to wear objects which may cause injury or give an artificial advantage to the player.
- 4.5.2 Players may wear glasses or lenses at their own risk.
- 4.5.3 Compression pads (padded injury protection devices) may be worn for protection or support.

Both the team captain and the coach are responsible for the conduct and discipline of their team members.

- 5.1.1 PRIOR TO THE MATCH, the team captain signs the score sheet and represents his/her team in the toss.
- 5.1.2 DURING THE MATCH and while on the court, the team captain is the game captain. When the team captain is not on the court, the coach or the team captain must assign another player on the court game captain. This game captain maintains his/her responsibilities until he/she is substituted, or the team captain returns to play, or the set ends. When the ball is out of play, only the game captain is authorized to speak to the referees:
 - 5.1.2.1 to ask for an explanation on the application or interpretation of the Rules, and also to submit the requests or questions of his/her teammates. If the game captain does not agree with the explanation of the 1st referee, he/she may choose to protest against such decision and immediately indicates to the 2nd referee that he/she reserves the right to appeal an official protest right to make two appeals to a team in a set.
 - 5.1.2.2 to ask authorization:
 - a) to change all or part of the equipment,
 - b) to verify the positions of the teams,
 - c) to check the floor, the net, the ball, etc.;

5.1.2.3 In the absence of the coach to request time-outs and substitutions.

5.1.3 AT THE END OF THE MATCH, the team captain:

5.1.3.1 thanks the referees and signs the score sheet to ratify the result;

5.2 COACH

5.2.1 Throughout the match, the coach conducts the play of his/her team from outside the playing court. He/she selects the starting line-ups, the substitutes, and takes time-outs. In these functions his/her contacting official is the 2nd referee.

5.2.2 PRIOR TO THE MATCH, the coach records or checks the names and numbers of his/her players on the score sheet team roster, and then signs it.

5.2.3 DURING THE MATCH, the coach:

5.2.3.1 prior to each set, gives the 2nd referee or the scorer the line-up sheet(s) duly filled in and signed;

5.2.3.2 sits on the team bench nearest to the scorer, but may leave it;

5.2.3.3 requests time-outs and substitutions;

5.2.3.4 may, as well as other team members, give instructions to the players on the court. The coach may give these instructions while standing or walking within the free zone in front of his/her team's bench from the extension of the Netman line up to the warm-up area, without disturbing or delaying the match.

For ASBF, World and Official Competitions, the coach is restricted to performing his/her function from behind the coach's restriction line throughout the entire match.

5.3 ASSISTANT COACH

5.3.1 The assistant coach sits on the team bench, but has no right to intervene in the match.

5.3.2 Should the coach have to leave his/her team for any reason including sanction, but excluding entering the court as a player, an assistant coach may assume the coach's functions for the duration of the absence, once confirmed to the referee by the game captain.

6.1 TO SCORE A POINT

6.1.1 **Point** A team scores a point to win the rally.

6.1.1.1 by successfully landing the ball on the opponent's court;

6.1.1.2 when the opponent team commits a fault;

6.1.1.3 when the opponent team receives a penalty.

6.1.2 **Fault**

A team commits a fault by making a playing action contrary to the rules (or by violating them in some other way). The referees judge the faults and determine the consequences according to the rules:

6.1.3 **Rally and completed rally**

A **rally** is the sequence of playing actions from the moment of the service hit by the server until the ball is out of play. A **completed rally** is the sequence of playing actions which results in the award of a point.

This includes: **the award of a penalty loss of service for service hit made after the time-limit of 20 seconds**

6.1.3.1 If the receiving team wins a rally, gain the point and right to serve.

6.1.3.2 If the serving team wins a rally, it scores a point and continues to serve.

6.2 TO WIN A SET

A set (except the deciding 5th set) is won by the team which first scores 21 points with a minimum lead of two points. In the case of a 20-20 tie, play is continued until a two-point lead is achieved (22-20; 23-21; etc.) after 24-24 lead by one point either of the team will end the set such as 25-24..

6.3.1 The match is won by the team that wins three sets in five set match and win two set in three set match.

6.3.2 In the case of a tie, the deciding set is played to 21 points with a minimum lead of 2 points.

6.3.3 Teams have to change court after any team reaches at 11 points.

6.4 DEFAULT AND INCOMPLETE TEAM

6.4.1 If a team refuses to play after being summoned to do so, it is declared in default and forfeits the match with the result 0-3 for the match and 0-25 for each set.

6.4.2 A team that, without justifiable reason, does not appear on the playing court on time is declared in default with the same result as in Rule 6.4.1.

6.4.3 A team that is declared INCOMPLETE for the set or for the match, loses the set or the match. The opponent team is given the points, or the points and the sets, needed to win the set or the match. The incomplete team keeps its points and sets. Before the match, the 1st referee carries out a toss to decide upon the first service and the sides of the court in the first set.

7 STRUCTURE OF PLAY

7.1.1 The toss is taken in the presence of the two team captains.

7.1.2 The winner of the toss chooses: either the right to serve OR the side of the court, The loser takes the remaining choice

7.2 OFFICIAL WARM UP SESSION

7.2.1 Prior to the match, if the teams have previously had a playing court exclusively at their disposal, they are entitled to a 5-minute official warm-up period together at the net..

7.2.2 If either captain requests separate (consecutive) official warm-ups at the net, the teams are allowed 3 minutes each .

7.2.3 In the case of consecutive official warm-ups, the team that has the first service takes the first turn at the net.

7.3 TEAM STARTING LINE UP

7.3.1 There must always be seven players per team in play. 2 players in the netman area and other 5 in the back court Netman are not allowed to cross the netman line while the back court players are allowed to come in the netman area.

7.3.2 Before the start of each set, the coach has to present the starting line-up of his/her team on a line-up sheet or via the electronic device, if used. The sheet is

submitted, duly filled in and signed, to the 2nd referee or the scorer – or electronically sent directly to the scorer.

7.3.3 The players who are not in the starting line-up of a set are the substitutes for that set.

7.3.4 Once the line-up sheet has been delivered to the 2nd referee or scorer, no change in the line-up may be authorized without a regular substitution.

CHAPTER 4:- PLAYING ACTIONS : 8 STATE OF PLAY

8.1 BALL IN PLAY

The ball is in play from the moment of the hit of the service authorized by the 1st referee.

8.2 BALL OUT OF PLAY

The ball is out of play at the moment of the fault which is whistled by the 1st referee.

8.3 BALL IN

The ball is “in” if at any moment of its contact with the floor, some part of the ball touches the court, including the boundary lines.

8.4 BALL OUT

The ball is “out” when:

8.4.1

all parts of the ball which contact the floor are completely outside the boundary lines;

8.4.2

it touches an object outside the court, the ceiling or a person out of play;

9 PLAYING THE BALL

Each team must play within its own playing area and space

9.1 TEAM HIT

A hit is any contact with the ball by a player in play.

The team is entitled to single hits only for returning the ball.

9.1.1 CONSECUTIVE CONTACTS

A player may not hit the ball two times consecutively

9.1.2 SIMULTANEOUS CONTACTS

Two or three players may touch the ball at the same moment.

9.1.3 ASSISTED HIT

Within the playing area, a player is not permitted to take support from a team-mate or any structure/object in order to hit the ball.



9.2 SHOOT THE BALL

9.2.1

All actions which direct the ball towards the opponent, with the exception of service, defence, Head and block, are considered as Shoot ball.

9.2.2

An Shoot ball is completed at the moment the ball completely crosses the vertical plane of the net or is touched by an opponent

9.2.3

To Shoot the ball player must use both folded hands with finger interlocked with each other .

9.2.4

All action which shoot the ball direct with fistic power onward the opponents, with the exception of service, block, defence and head are considered as shoot ball.

9.2.5

During shoot hit return shoot is permissible, if the ball cleanly hit. A back zone player can shoot the ball if he is in proper position to shoot

9.2.6

The ball must not be caught and/or thrown. It can rebound in any direction

9.2.7

To shoot the ball only upper both folded hands are allowed.

9.2.8 Shoot the ball is allowed of any type of defence.

9.3 FAULT IN THE SHOOT THE BALL

9.3.1

A team hits the ball more than one times before returning it. Except the shoot hit the net.

9.3.2

The ball change the direction of which the player shooting the ball.

9.3.3 A player shoot the ball with the single hand smash.

9.3.4 Drop shoot without fistic power

9.3.5 A player hits the ball “out

10 BALL AT THE NET

10.1 BALL CROSSING THE NET

10.1.1

The ball sent to the opponent's court must go over the net within the crossing space. The crossing space is the part of the vertical plane of the net limited as follows:

10.1.2

below, by the top of the net;

10.1.3

above, by the ceiling

10.2 BALL TOUCHING THE NET

10.2.1

While crossing the net, the ball may touch it except in the case of service and the defensive stroke

10.3 BALL IN THE NET

10.3.1 Only the shoot ball driven into the net may be recovered by netman if the attacking player takes the right shot on the top of the net then the netman can bounce the ball in his own court behind the netman line with attackable height and any back zone player can take a proper shot again.

11 PLAYER AT THE NET

11.1 REACHING BEYOND THE NET

11.1.1

In blocking, a player may touch the ball beyond the net, provided that he/she does not interfere with the opponent's play before or during the latter's attack hit.

11.1.2

After an attack hit, a player is permitted to pass his/her hand beyond the net, provided that the contact has been made within his/her own playing space.

11.1.3

It is not permitted to penetrate into the opponent's space under the net,

11.3.1

Contact with the net by a player during the action of playing the ball, is a fault.

12 SERVICE



The service is the act of putting the ball into play, by the back zone player, placed in the service zone.

12.1 FIRST SERVICE IN THE SET

12.1.1 The first service of the first set is executed by the team determined by the toss.

12.1.2

The other sets will be started with the service of the team that did not serve first in the previous set.

12.2 SERVICE ORDER

12.2.1

When the serving team win the rally, The team serve again who serve before

12.2.2

When the receiving team win the rally, it gains the right to serve

12.3 AUTHORIZATION OF THE SERVICE

The 1st referee authorizes the service, after having checked that the two teams are ready to play and that the server is in possession of the ball.

12.4 EXECUTION OF THE SERVICE

12.4.1

The ball shall be under hand hit with one hand after being tossed or released from the 2nd hand.

12.4.2

At the movement of the service hit, the server must not touch the court.

12.4.3

Round hand/semi round hand/ tennis service is not allowed

12.4.4

The server must hit the ball within 20 seconds after the 1st referee whistles for service.

12.4.5

A service executed before the referee's whistle is cancelled and repeated.

12.5 SCREENING

12.5.1

The players of the serving team must not prevent their opponent, through individual or collective screening, from seeing the server and the flight path of the ball.

12.5.2

A player or a group of players of the serving team make(s) a screen by waving arms, jumping or moving sideways during the execution of the service, or by standing grouped, and in so doing hides both the server and the flight path of the ball until the ball reaches the vertical plane of the net.

12.6 SERVICE FAULTS

12.6.1

Serving faults. The following faults lead to a change of service even if the opponent is out of position. The server:

12.6.2

fails to cross the vertical plane of the net completely through the crossing space;

12.6.3 goes “out”;

12.6.4 passes over a screen.

12.6.5 Server touch the back line

12.6.6 Does not serve with in permissible time.

13 DEFENCE THE BALL



13.1.1 The ball sent to the opponent's court must go over the net within the crossing space by defensive stroke

13.1.2 Type of Defence: Under hand, Single hand, Head.

13.1.3 Under hand defence is allowed on opponent Single hand and head defence

13.2 FAULTS OF THE DEFENCE

13.2.1 Less than attackable height in under hand defence.

13.2.2 Defence on opponent under hand defence, Single hand defence on opponents single hand defence, Head defence on opponents head defence,

13.2.3 Open palm in single hand defence, only under hand fist is allowed.

14 BLOCKING

14.1 Blocking is the action of players close to the net to intercept the ball coming from the opponent by reaching higher than the top of the net, regardless of the height of the ball contact. Only Netman are permitted to complete a block

14.2 BLOCKING FAULTS

14.2.1 The blocker touches the ball in the OPPONENT'S space either before or simultaneously with the opponent's shoot .

14.2.2 Smash with single hand, block with open hand

14.2.3 Contact of any part of the body with the net and pole is foul

14.2.4 The ball is sent "out" off the block.

14.2.5 The Netman cross the center line while blocking.

14.2.6 Blocking with both joined hands.

CHAPTER 5:- INTERRUPTIONS, DELAYS AND INTERVALS

15

An interruption is the time between one completed rally and the 1st Referee's whistle for the next service.

The only regular game interruptions are TIME-OUTS and SUBSTITUTIONS.

15.1 NUMBERS OF GAME INTERRUPTIONS

Each team may request a maximum of two time-outs and four substitutions per set.

For ASBF, World and Official competitions for Seniors, the ASBF may reduce, by one, the number of team and/ or Technical Time Outs in accordance with sponsorship, marketing and broadcast agreements.

15.2 SEQUENCE OF GAME INTERRUPTION

15.2.1

Request for one or two time-outs, and one request for substitution by either team may follow one another, within the same interruption.

15.2.2

However, a team is not authorized to make consecutive **requests** for substitution during the same interruption. Two or more players may be substituted at the same time within the same request.

15.2.3

There must be a completed rally between two separate substitution requests by the same team. (Exception: a forced substitution due to injury or expulsion/disqualification.)

15.3 REQUEST FOR REGULAR GAME INTERRUPTION

15.3.1

Regular game interruptions may be requested by the coach, or in the absence of the coach, by the game captain, and only by them.

15.3.2

Substitution before the start of a set is permitted, and should be recorded as a regular substitution in that set.

15.4 TIME-OUTS & TECHNICAL TIME OUT

15.4.1

Time-out requests must be made by showing the corresponding hand signal, when the ball is out of play and before the whistle for service.

All requested time-outs last for 30 seconds.

For ASBF, World and Official Competitions it is obligatory to use the buzzer and then the hand signal to request time-out.

15.4.2

Two minutes Technical Time out are applied automatically when the leading team reaches the 8th point and change the court in the deciding set

15.4.3

If the team will demand time out more than the permissible, one point will be deducted of the team.

15.4.4

During all time-outs, the players in play must go to the free zone near their bench.

15.5 SUBSTITUTION

15.5.1

A substitution is the act by which a player replacement player, after being recorded by the scorer, enters the game to occupy the position of another player, who must leave the court at that Moment.

15.5.2

When the substitution is enforced through injury to a player in play this may be accompanied by the coach (or game captain) showing the corresponding hand signal.

15.6 LIMITATION OF SUBSTITUTIONS

15.6.1 . Each team may request a maximum of four substitutions per set.

15.7 SUBSTITUTION PROCEDURE

15.7.1 Substitution must be carried out within the substitution zone.

15.7.2

A substitution shall only last the time needed for recording the

15.7.3

substitution on the score sheet, and allowing entry and exit of the players. The actual request for substitution starts at the moment of the entrance of the substitute player(s) into the substitution zone, ready to play, during an interruption.

The coach does not need to make a substitution hand signal except if the substitution is for injury or before the start of the set.

16 GAME DELAY

16.1 TYPES OF DELAYS

An improper action of a team that defers resumption of the game is a delay and includes, among others:

16.1.1 delaying regular game interruptions;

16.1.2 prolonging interruptions, after having been instructed to resume the game;

16.1.3 repeating an improper request;

16.1.4 delaying the game by a team member

16.2 DELAY SANCTIONS

16.2.1 *“Delay warning”* and *“delay penalty”* are team sanctions.

16.2.1.1 Delay sanctions remain in force for the entire match.

16.2.1.2 All delay sanctions are recorded on the score sheet.

16.2.2 The first delay in the match by a team member is sanctioned with a **“DELAY WARNING”**.

16.2.3

The second and subsequent delays of any type by any member of the

same team in the same match constitute a fault and are sanctioned with a **“DELAY PENALTY”**: a loss of one point.

16.2.4 Delay sanctions imposed before or between sets are applied in the following set.

17 EXCEPTIONAL GAME INTERRUPTIONS

17.1 INJURY/ ILLNESS

17.1.1

Should a serious accident occur while the ball is in play, the referee must stop the game immediately and permit medical assistance to enter the court. The rally is then replayed.

17.1.2

An injured/ill player can be substituted, play will be continue.

If there is any external interference during the game, the play has to be stopped and the rally is replayed.

17.2 EXTERNAL INTERFERENCE

If there is any external interference during the game, the play has to be stopped and the rally is replayed.

17.3 PROLONG INTERRUPTION

17.3.1

If unforeseen circumstances interrupt the match, the 1st referee, the organizer and the Control Committee, if there is one, shall decide the measures to be taken to re-establish normal conditions.

17.3.2

Should one or several interruptions occur, not exceeding 4 hours in total:

17.3.2.1

if the match is resumed on the same playing court, the interrupted set shall continue normally with the same score, players (except expelled or disqualified ones) and positions. The sets already played will keep their scores;

17.3.2.2

if the match is resumed on another playing court, the interrupted set is cancelled and replayed with the same team members and the same starting line-ups (except expelled or disqualified ones) and the record of all sanctions will be maintained. The sets already played will keep their scores.

17.3.3

Should one or several interruptions occur, exceeding 4 hours in total, the whole match shall be replayed.

18 INTERVALS AND CHANGE OF COURTS

18.1 INTERVALS

18.1.1

An interval is the time between sets. All intervals last two minutes.

18.1.2

During this period of time, the change of courts and line-up registrations of the teams on the score sheet are made.

18.1.3

The interval between the second and the third set can be extended up to 10 minutes by the competent body at the request of the organizer.

18.2 CHANGE OF COURTS

18.2.1

After each set, the teams change courts, with the exception of the deciding set.

18.2.2

In the deciding set, once the leading team reaches 8 points, the teams change courts without delay.

If the change is not made once the leading team reaches 8 points, it will take place as soon as the error is noticed. The score at the time that the change is made remains the same.

18.3 REFERRAL

If the team is not satisfied with the 1st referee's decision, then Captain or Coach can appeal to the 2nd referee for referral.

18.3.1 Two referral per set per team is allowed.

18.3.2

2nd referee decision will be final decision.

18.3.3

Referral requests must be made by showing the Signal, when the ball is out of play and before the whistle for service.

18.3.4

Referral can only be taken at the last decision at that rally.

CHAPTER 6 :- PARTICIPANTS' CONDUCT

19 REQUIREMENTS OF CONDUCT

19.1.1

Participants must know the "Official Shooting ball Rules" and abide by them.

19.1.2

Participants must accept referees' decisions with sportsmanlike conduct, without disputing them.

In case of doubt, clarification may be requested only through the game captain.

19.1.3

Participants must refrain from actions or attitudes aimed at influencing the decisions of the referees or covering up faults committed by their team.

19.2 FAIR PLAY

19.2.1

Participants must behave respectfully and courteously in the spirit of FAIR PLAY, not only towards the referees, but also towards other officials, the opponent, team-mates and spectators.

19.2.2

Communication between team members during the match is permitted.

20 MISCONDUCT & SANCTION

Minor misconduct offences are not subject to sanctions. It is the 1st referee's duty to prevent the teams from approaching the sanctioning level.

This is done in two stages:

Stage 1: by issuing a verbal warning through the game captain;

Stage 2: by use of a YELLOW CARD to the team member(s) concerned. This formal warning is not in itself a sanction but a symbol that the team member (and by extension the team) has reached the sanctioning level for the match. It is recorded in the score sheet but has no immediate consequences.

20.2 MISCONDUCT LEADING TO SANCTIONS

Incorrect conduct by a team member towards officials, opponents, team-mates or spectators is classified in three categories according to the seriousness of the offence.

20.2.1

Rude conduct: action contrary to good manners or moral principles.

20.2.2

Offensive conduct: defamatory or insulting words or gestures or any action expressing contempt.

20.2.3

Aggression: actual physical attack or aggressive or threatening behaviour.

20.3 SANCTION SCALE

According to the judgment of the 1st referee and depending on the seriousness of the offence, the sanctions to be applied and recorded on the score sheet are:

Penalty, Expulsion or Disqualification.

20.3.1 Penalty

The first rude conduct in the match by any team member is penalized with a loss of one point.

20.3.2 Expulsion

20.3.2.1

A team member who is sanctioned by expulsion shall not play for the rest of the set, must be substituted legally and immediately if on court and must remain seated in the penalty area with no other consequences.

An expelled coach loses his/her right to intervene in the set and must remain seated in the penalty area.

20.3.2.2

The first offensive conduct by a team member is sanctioned by expulsion with no other consequences.

20.3.2.3

The second rude conduct in the same match by the same team member is sanctioned by expulsion with no other consequences.

20.3.3 Disqualification

20.3.3.1

A team member who is sanctioned by disqualification must be substituted legally and immediately if on court and must leave the Competition-Control Area for the rest of the match with no other consequences.

20.3.3.2 The first physical attack or implied or threatened aggression is sanctioned by disqualification with no other consequences.

20.4 APPLICATION OF MISCONDUCT SANCTIONS

20.4.1

All misconduct sanctions are individual sanctions, remain in force for the entire match and are recorded on the score sheet.

20.4.2

The repetition of misconduct by the same team member in the same match is sanctioned progressively (the team member receives a heavier sanction for each successive offence).

20.4.3

Expulsion or disqualification due to offensive conduct or aggression does not require a previous sanction.

20.5 MISCONDUCT BEFORE AND BETWEEN SETS

Any misconduct occurring before or between sets is sanctioned

apply in the following set.

20.6 SUMMARY OF MISCONDUCT AND CARDS USED

Warning: no sanction – Stage 1: verbal warning

Stage 2: symbol Yellow card

Penalty: sanction – symbol Green card

Expulsion: sanction – symbol Red card

Disqualification: sanction – symbol Yellow + Red card separately

PART 2 SECTION 2: THE REFEREES, THEIR RESPONSIBILITIES AND OFFICIAL HAND SIGNALS

CHAPTER 8 REFEREES

21 REFEREEING CORPS AND PROCEDURES

21.1 COMPOSITION

The refereeing corps for a match is composed of the following officials:

- the 1st referee,
- the 2nd referee,
- the scorer,
- two line judges.

For SBFI, World and Official Competitions an assistant scorer is compulsory.

21.2 PROCEDURES

21.2.1 Only the 1st and 2nd referee may blow a whistle during the match:

21.2.1.1

the 1st referee gives the signal for the service that begins the rally;

21.2.1.2

the 1st referee signals the end of the rally, provided that they are sure that a fault has been committed and they have identified its nature.

21.2.2

They may blow the whistle when the ball is out of play to indicate that they authorize or reject a team request.

21.2.3

Immediately after the referee's whistle to signal the completion of the rally, they have to indicate with the official hand signals:

21.2.3.1

if the fault is whistled by the 1st referee, he/she will indicate in order:

- a) the team to serve,
- b) the nature of the fault,
- c) the player(s) at fault (if necessary).

21.2.3.2

If the fault is whistled by the 2nd referee, he/she will indicate:

- a) the nature of the fault,
- b) the player at fault (if necessary),
- c) the team to serve following the hand signal of the 1st referee.

In this case, the 1st referee does not show either the nature of the fault or the player at fault, but only the team to serve.

22 1st REFEREE

22.1 LOCATION

The 1st referee carries out his/her functions standing on a referee's stand located at one end of the net on the opposite side to the scorer. His/her view must be approximately 50 cm above the net.

22.2 AUTHORITY

22.2.1

The 1st referee directs the match from the start until the end. He/ she has authority over all members of the refereeing corps and the members of the teams. The referee gives the signal for the service that begins the rally

22.2.2

He/she also controls the work of the ball retrievers, floor wipers and moppers.

22.2.3

He/she has the power to decide any matters involving the game, including those not provided for in the rules.

22.2.4

He/she shall not permit any discussion about his/her decisions.

However, at the request of the game captain, the 1st referee will give an explanation on the application or interpretation of the rules upon which he/she has based the decision.

If the game captain does not agree with this explanation and chooses to protest against such decision, he/she must immediately reserve the right to file and record this protest at the conclusion of the match. The 1st referee must authorize this right of the game captain.

22.2.5

The 1st referee is responsible for determining before and during the match whether the playing area equipment and the conditions meet playing requirements.

22.3 RESPONSIBILITIES

22.3.1 Prior to the match, the 1st referee:

22.3.1.1 inspects the conditions of the playing area, the balls and other equipment;

22.3.1.2 performs the toss with the team captains;

22.3.1.3 controls the teams' warming-up.

22.3.2 During the match, he/she is authorized:

22.3.2.1 to issue warnings to the teams;

22.3.2.2 to sanction misconduct and delays;

22.3.2.3 to decide upon:

a) the faults of the server and of the positions of the serving team, including the screen;

b) the faults in playing the ball;

c) the faults above the net, and the faulty contact of the player with the net

d) the Shoot hit faults of the players;

22.3.3 At the end of the match, he/she checks the score sheet and signs it

23 2nd REFEREE

23.1 LOCATION

The 2nd referee performs his/her functions standing outside the playing court near the post, on the opposite side of and facing the 1st referee.

23.2 AUTHORITY

23.2.1

He/she is authorized to overrule the decisions of other members of the refereeing corps, if it is noticed that they are mistake. He/She listen the protest of revue of the game captain and take decision During the match his/her decisions are final

He/she may even replace a member of the refereeing corps who is not performing his/her functions properly.

23.2.2

He/she may, without whistling, also signal faults outside his/her range of jurisdiction, but may not insist on them to the 1st referee.

23.2.3 He/she controls the work of the scorer(s).

23.2.4

He/she supervises the team members on the team bench and reports their misconduct to the 1st referee.

23.2.5 He/she controls the players in the warm-up areas.

23.2.6

He/she authorizes the regular game interruptions, controls their duration and rejects improper requests.

23.2.7

He/she controls the number of time-outs and substitutions used by each team

23.2.8

In the case of an injury of a player, he/she authorizes an exceptional substitution or grants a 2-minute recovery time.

23.2.9

He/she checks the floor condition, mainly in the front zone. He/she also checks, during the match, that the balls still fulfill the regulations.

23.2.10

He/she supervises the team members in the penalty areas and reports their misconduct to the 1st referee.

23.3 RESPONSIBILITIES

23.3.1

He / She may check the center line cut fault with whistle and signal

23.3.2

During the match, he/she decides, whistles and signals:

23.3.2.1

penetration into the opponent's court, and the space under the net

23.3.2.2

the contact of the ball with an outside object;

23.3.2.3

the contact of the ball with the floor when the 1st referee is not in position to see the contact

23.3.2.4

In case of any disputes, the referee is bound to obey the instruction of the federation observer.

23.3.2.5

At the end of the match, he/she checks and signs the score sheet.

24 SCORER

24.1 LOCATION

The scorer performs his/her functions seated at the scorer's table on the opposite side of the court from and facing the 1st referee.

24.2 RESPONSIBILITIES

24.2.1

He/she fills in the score sheet according to the rules, co-operating with the 2nd referee.

24.2.1.1

He/she uses a buzzer or other sound device to notify irregularities or give signals to the referees on the basis of his/her responsibilities.

24.2.1.2

Prior to the match and set, the scorer:
registers the data of the match and teams, including the names, according to the procedures in force, and obtains the signatures of the captains and the coaches;

24.2.2

During the match, the scorer records the points scored:

24.2.2.1

controls the serving order of each team and indicates any error to the referees immediately after the service hit;

24.2.2.2

is empowered to acknowledge and announce requests for player substitutions by use of the buzzer, controlling their number, and records the substitutions and time-outs, informing the 2nd referee;

24.2.2.3

notifies the referees of a request for regular game interruption that is out of order;

24.2.2.4

announces to the referees the ends of the sets, and the scoring of the 11th point in the deciding set

24.2.2.5

records misconduct warnings, sanctions and improper requests

24.2.2.6

records all other events as instructed by the 2nd referee, i.e. exceptional substitutions, recovery time, prolonged interruptions, external interference, re-designation, etc.;;

24.2.2.7

controls the interval between sets.

24.2.2.8 At the end of the match, the scorer:

24.2.3 records the final result;

24.2.3.1

in the case of protest, with the previous authorization of the 1st referee, writes or permits the team/game captain to write on the score sheet a statement on the incident being protested;

24.2.3.2 signs the score sheet him/herself, before obtaining the signatures of the team captains and then the referees.

25 ASSISTANT SCORER

25.1 LOCATION

The assistant scorer performs his/her functions seated beside the scorer at the scorer's table.

25.2 RESPONSIBILITIES

He/she assists with the administrative duties of the scorer's work.

Should the scorer become unable to continue his/her work, the assistant scorer substitutes for the scorer.

25.2.1 Prior to the match and set, the assistant scorer:

25.2.1.1 prepares the reserve score sheet.

25.2.1.2 During the match, the assistant scorer:

25.2.2 starts and ends the timing of Technical Time-outs;

25.2.2.1 operates the manual scoreboard on the scorer's table;

25.2.2.2 checks that the scoreboards agree;

25.2.2.3 if necessary, updates the reserve score sheet and gives it to the scorer

25.2.3 At the end of the match, the assistant scorer:

25.2.3.1 signs the score sheet

For ASBF, World and Official Competitions which use an e-score sheet, the Assistant Scorer acts with the Scorer to announce the substitutions, to direct the 2nd Referee to the team requesting an interruption,

26 LINE JUDGE

26.1 LOCATION

If only two line judges are used, they stand at the corners of the court closest to the right hand of each referee, diagonally at 1 to 2 m from the corner.

Each one of them controls both the end line and side line on his/her side.

For ASBF, World and Official Competitions, it is compulsory to have Two line judges.

They sit in the free zone opposite side of 1st referee at corner of the court.

26.2 RESPONSIBILITIES

26.2.1 The line judges perform their functions by using flags (40x40 cm), to signal:

26.2.1.1 the ball "in" and "out" whenever the ball lands near their line(s);

26.2.1.2 the touches of "out" balls by the team receiving the ball;

26.2.1.3 the foot faults of the server

26.2.1.4 At the 1st referee's request, a line judge must repeat his/her signal

27 OFFICIAL SIGNALS

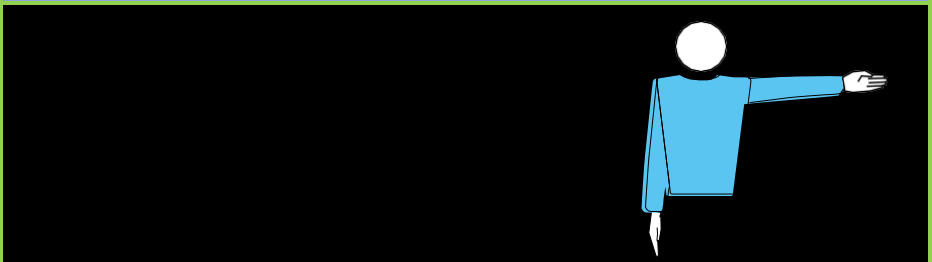
27.1 REFEREES' HAND SIGNALS

The referees must indicate with the official hand signal the reason for their whistle (the nature of the fault whistled or the purpose of the interruption authorized). The signal has to be maintained for a moment and, if it is indicated with one hand, the hand corresponds to the side of the team which has made the fault or the request.

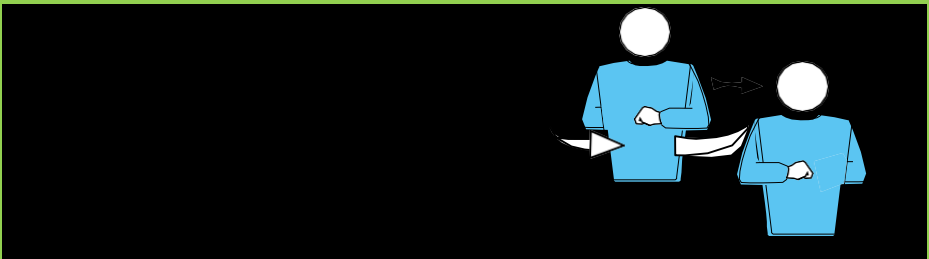
1 AUTHORISATION TO SERVE



2 TEAM TO SERVE



3 CHANGE OF COURTS

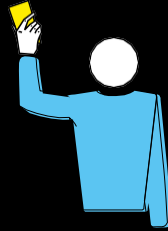


4 SUBSTITUTION

F S

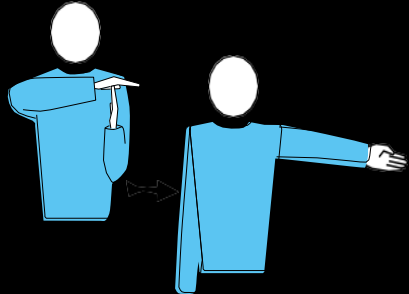


5 MISCONDUCT WARNING

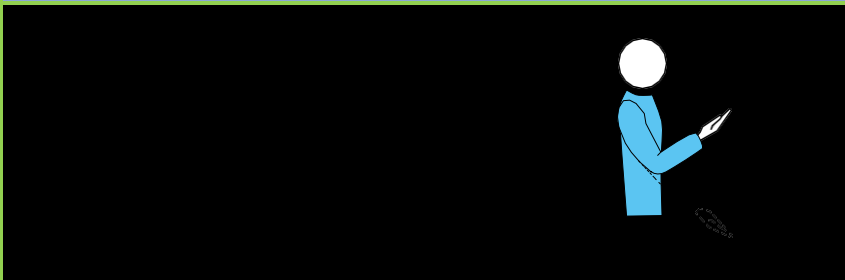


6 TIME-OUT

F



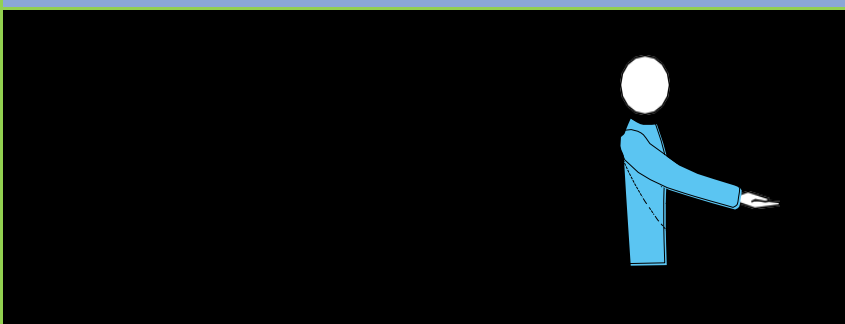
7 SERVICE TOSS FOUL



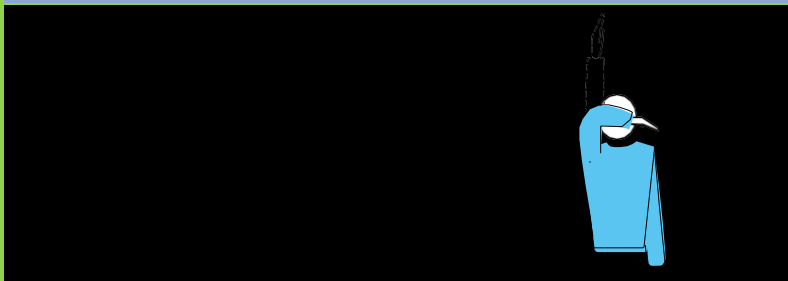
8 END OF SET (OR MATCH)



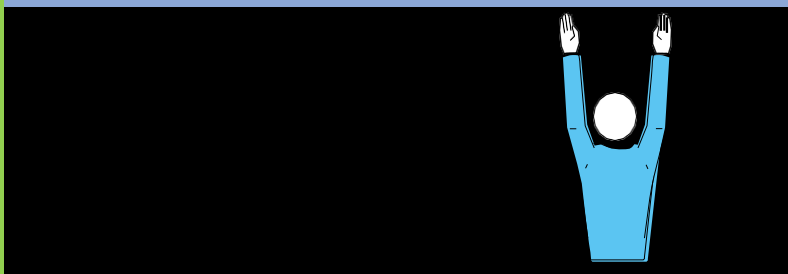
9 BALL NOT TOSSED OR RELEASED AT THE SERVICE HIT



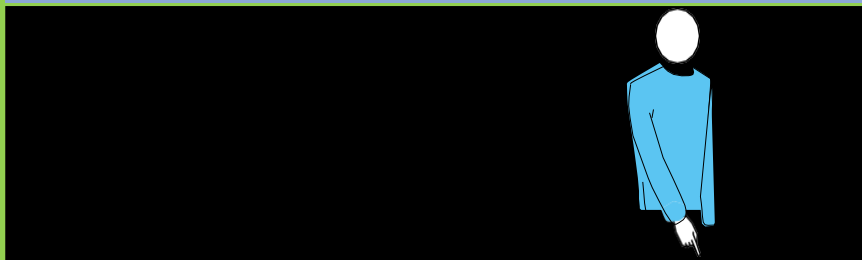
10 SHOOT HIT FAULT



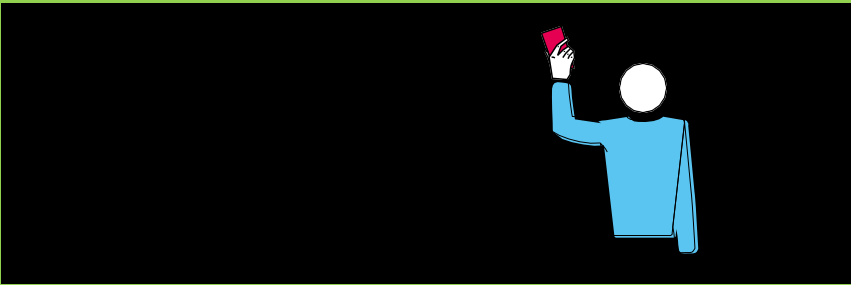
11 BLOCKING FAULT BY NETMAN



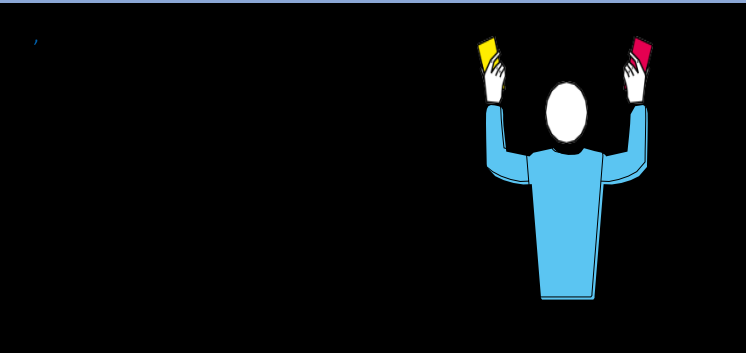
12 BALL IN



13 EXPLUSION PENALTY



14 DISQUALIFICATION



15 DOUBLE CONTACT

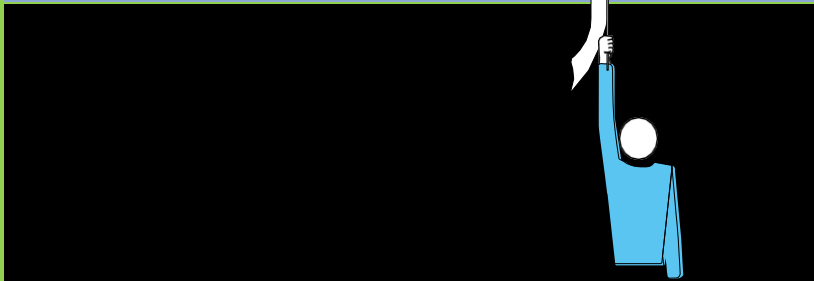


DIAGRAM 12: LINE JUDGES' OFFICIAL FLAG SIGNALS

1 BALL "IN"



2 BALL "OUT"



FIXTURE (4 POOLS)

After received the entries of the participants teams, the federation Technical delegates (Observer, Controller) in the presence of team Manager/ Coach/ Captain of the participating teams, the fixture will be drawn.

Winner team of last year Championship should be kept in Pool A, the Runner team should be kept in Pool D, 3rd and 4th Position holder team should be kept in Pool B and Pool C respectively.

1. After pool position Match, the Quarter Final matches will be played

1 Winner of Pool A

2

3 Winner of Pool B

4

5 Winner of Pool C

6

7 Winner of Pool D

8

2. Other teams shall be decided by lottery system at S.N. 2,4,6,8

3. For Semi Final, matches shall be fixed by lottery system again.

(For 2 Pools)

Direct Semi Final will be played and matches will be decided by lottery system.

NOTIFICATION

In exercise of the powers conferred, the Asian Shooting Ball Federation , hereby amended the rules of Shooting Ball game.

1. Short Title and Commencement

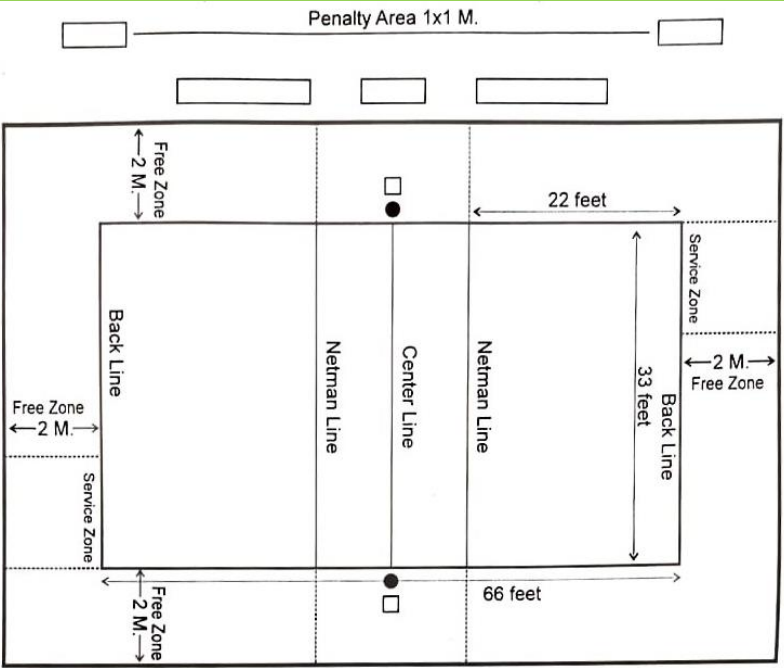
- A. These Rules may be called the “ Shooting Ball games rules 2024”
- B. These rules shall come into force w.e.f. 1st January 2024.

2. **Definition :** A ball hit by both the hand with interlocked fingers with fistic power called **Shooting Ball**, which include offensive and defensive stroke.

3. Characteristic of the game.

- 3.1 Toss : means the toss taken in the presence of two teams captain before start the match.
- 3.2 Service: means the action of pushing the ball into play by the back court player with under arm fist from the service zone.
- 3.2 Netman: means the players playing within netman area called the left and right netman.
- 3.3 Shoot: means the ball shoot by the player with both the hands with interlocked fingers with fistic power.
- 3.4 Head: means the ball taken by head .
- 3.5 Time out: means the time taken by the coach/ captain of the team.
- 3.6 Dues: means tie of score 20-20.
- 3.7 Block: means the action of netman to intercept the ball with single hand.
- 3.8 Service zone: means the zone from the server has to hit the ball.
- 3.9 Center Line: The axis of the center line divides the playing court in two equal court 33’x33’
- 3.10 Substitution: means the act by which a player enter the ground to replace the another player.
- 3.11 Protest: means if the team captain is not satisfied with any situation during match he can file protest.
- 3.12 Common Point: means point declared common by the referee in the case of any disputes.

PART 2 SECTION 3:
 DIAGRAMS
 DIAGRAM : THE PLAYING AREA



PREPARATION OF THE SHOOTING BALL COURT

