

RULES
of
THROWBALL

Introduction

According to SOI Rules, Article I, Section P, the Czech Special Olympic Games Movement submits herewith a proposal to acknowledge Throwball as a national popular sport.

The said game has developed in several regions of the Czech Republic since 1968. Throwball tournaments became regular parts of sporting competitions of mentally handicapped youth.

Throwball originated from the need to create a competitive ball game that would employ basic skills in ball throwing and catching, and would enable their development in various game situations. The game is a suitable means of training for other more demanding games of mentally handicapped people like basketball, volleyball or handball. Throwball is suitable for players on lower capability levels. Handling the ball on the home side of the playing field provides a good chance to those slowly moving and those with retarded reactivity and decision abilities.

While playing, space orientation, mobility and motorics are trained. Also thinking is developed, and tactics are trained when playing.

Throwball is a suitable unifying game in which some of the team members, in the initial training stages, help in organizing the game and support the handicapped players in acquiring correct skills. The partners and their mentally handicapped co-players together form a tournament team, which brings pleasure to both sides.

RULES

Article I: Official Competitions

1. Team matches
2. Test of individual skills
3. Unified team matches

Article II: Playing Field and Equipment

a) Dimensions of Playing Field

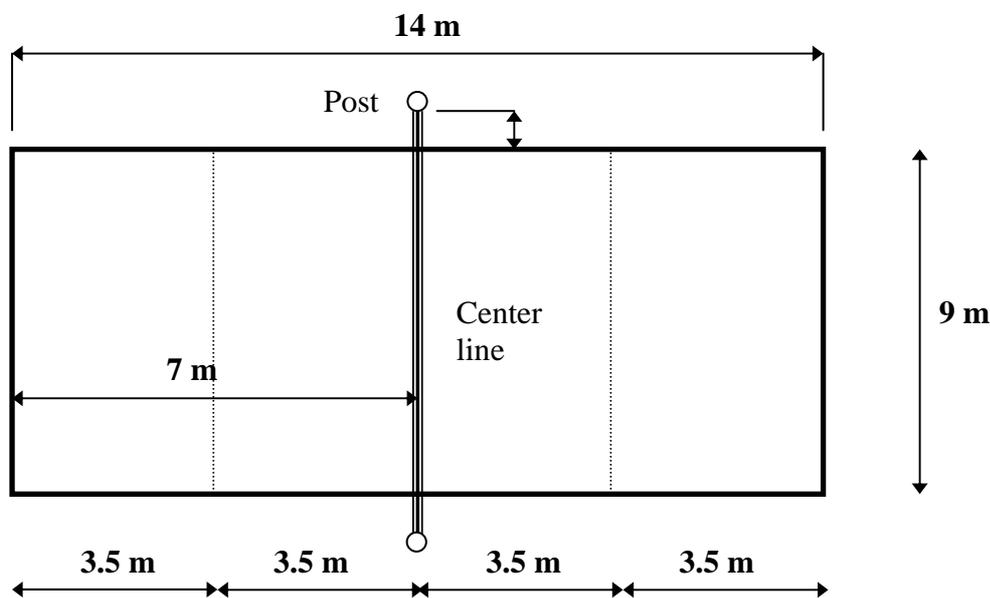
The playing field is a rectangle 14m in length and 9m in width. The mentioned dimensions include 5-cm-wide lines. A protest against the field's dimensions and/or equipment can be placed 1/2 hour before the match at the latest.

b) Marking of Playing Field

The playing field is marked out by well visible lines of 5 cm width. Indoor field boundaries (lines) must be at least 1m clear of any solid objects in the gym, and at least 2m in case of open air fields. It is forbidden to mark the lines by use of cords, laths and similar objects.

c) Posts

The field-side edge of the net posts must be at least 1m from the side lines.



d) Net

The net is 100 cm wide and at least 10 m long with a 10x10 cm mesh. The net is fixed exactly above the center line. Its upper edge is hemmed on both sides with a 5 cm wide white tape.

e) Net Height

Measured at the upper edge of the net above the center of the playing field :

Women	210 cm
Boys up to 15 years of age	210 cm
Men from 16 years of age	241 cm
Mixed teams	241 cm

f) Ball

The ball is made of leather (similar to a volleyball), maximum 71 cm in circumference.

Article III: Referees

Two referees rule the match, a score-keeper assists them.

Duties of 1st referee:

The 1st referee decides when the ball is in play, when a point is scored, measures time-outs (uses a whistle). Prior to the match he verifies whether the playing field and ball correspond to the rules and checks the identity of the players according to the list.

The ruling of the 1st referee is always final.

The position of the 1st referee is behind the post. His eye level should be at least 50 cm above the upper edge of the net.

Duties of 2nd referee:

The 2nd referee oversees the sidelines and center line, signals out balls, and checks the players' rotation after scoring a point.

Duties of the score-keeper:

The score-keeper keeps the score and notes time-outs. He announces the match score after each loss (fault).

Article IV: Players and Substitutes

a) Each team consists of 6 players and any number of substitutes up to 6. Three boys and three girls (all mentally handicapped) form a mixed team.

b) The coach changes players. He notifies any referee verbally or by signaling. Changes can be made only when the ball is not in play.

Signal for change of a player : one hand vertically circles around the second hand.

The new player (substitute) notifies himself to the referee by raising his hand and replaces the leaving player in the same field position. Upon taking the position the former player immediately leaves the field also notifying the referee by raising his hand.

Two changes are allowed in each set. An indisposed player can be changed any time. The team may enter a new set in a different configuration.

c) Time-out

Each team has one time-out (2 minutes) in the course of one match. The coach notifies a referee verbally or by signaling.

Time-out is signaled by forming a „T” with both hands in front of the body.

d) Dress

The team must wear uniform dresses. In cold weather track suits are allowed. Each player must carry a number (15 cm on back, 10 cm on chest).

e) Conduct

All players, substitutes and coaches must keep discipline and adhere to game rules. The referee may punish someone's disorderly behavior by either giving a warning or ruling out the person or by losing a point.

Article V: Game Rules

a) Choice of Sides and Service

The teams draw lots using a coin. The winner of the draw has the right to choose either a side or first service.

In case the winner of the draw chooses first service the opposite team chooses sides.

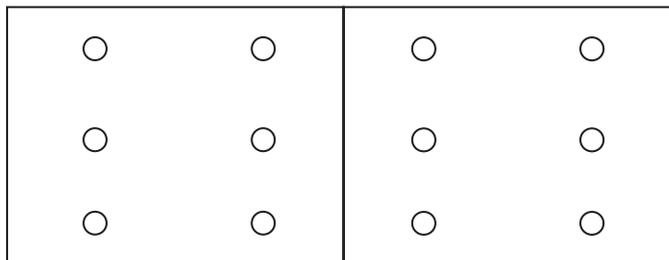
The teams take turns in the advantage of first service. A new draw is done before the decisive (third) set.

b) Number and Position of Players

Each team nominates 6 players positioned on their side of the field as follows:

3 at the net (offensive half)

3 in the 2nd row (defensive half)



During the game the players may move freely within their field. However during service they must keep their initial positions.

c) Service

Service is given by a right back. The player serves immediately after the referee's whistle. Serving is performed by throwing the ball from any position behind the back line to any area in the opposite field (the ball must be thrown, not hit or smashed).

If the ball touches the net this is not considered as a mistake. A ball that ends in the net or out of the opposite field results in a point for the opposite team.

d) Rules

The ball may be played by any part of the player's body above the waist (e.g. the head). A team may touch the ball three times to deliver it into the opposite field (i.e. after two passes the third ball must be played [thrown or smashed] into the opposite field). In home field, the players are allowed to catch and throw, or strike the ball.

Between individual passes, the ball must not touch the ground or any other object. A player can play the ball even when standing out of his field and the game continues.

If two players touch the ball at the same time the next ball must be delivered into the opposite field otherwise a fault is announced and the opposite team gains a point.

It is not allowed to make more than three steps when holding the ball. More steps are considered as a fault and a point for the opposite team.

A player may hold the ball for maximum three seconds. Holding the ball more than 3 seconds is a fault resulting in a point for the opposite team.

A player is not allowed to touch the net even when delivering the ball to the opposite side. Each touch of the net is considered as a fault, which results in a point for the opponent.

The ball itself may however touch the net when being delivered to the other side - as long as it lands in the opponents' field it is not considered as a fault.

Smash

- is an offensive ball which can be made by either one or both hands. While smashing the player's hand(s) may cross over the net without touching it. Interference with the net is a fault and a point for the opponent.

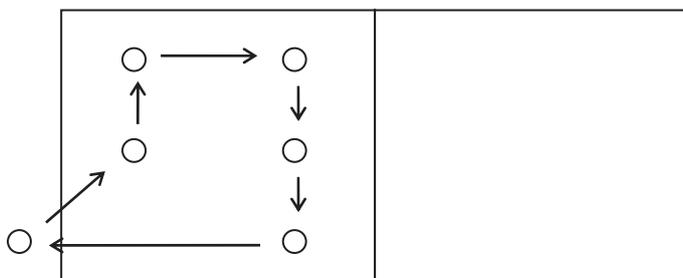
Block

- is a way of defense against the opponent's attack performed with both hands raised in close proximity to the net. Only Forwards may block. If those blocking touch the ball it will be considered as the first touch of the 3-touch rule. After an unsuccessful block, the same player may catch or hit the ball again. If the blocking Forward misses the ball his hand(s) may cross over the net without touching it. The same applies following a (successful) block.

e) Point and Loss of Service

If a player makes a fault (does not catch or drops the ball etc.) the opposite team receives both a point and the right to serve.

Each time the team gains a point and service a new player serves. The serving player always rotates one position clockwise. All other players of the team shift the same way.



f) Set

The team that has reached 15 points wins the set. The minimum difference in score is two points (15:13). At a 14:14 tie game the set continues until either team wins a 2 point difference.

The match is decided by two winning sets. During tournaments a team obtains a point for each set won in the results table.

g) Change of Sides

After the end of each set the teams change sides. Teams draw lots before the decisive (third) set.

h) Breaks

A two minute break is allowed between sets.

Faults

- a) A player touches the net
- b) A player crosses the center line or touches the opposite field with his hand(s)
- c) Playing with any part of body below the waist
- d) A defender (2nd row) blocks at the net
- e) A defender plays the ball to opposite field from the front half of his field
- f) A player touches the ball twice in a row (except after a block)
- g) The ball touches the ground or any other object
- h) The ball is out
- i) A team plays the ball 4 or more times
- j) Bad service (the ball passes under the net or ends outside the opposite field)
- k) Incorrect position of team players
- l) More than 6 players in the field
- m) The referee is not notified about the incoming or outgoing player
- n) The team does not follow the service order (proper rotation)
- o) Improper or unfair behavior of any team member

UNIFIED THROWBALL

Players with a mental handicap (MH) and their non-handicapped partners

1. Each team must consist of at least 4 MH players and at most 2 partners.
2. A MH player must always participate in every game activity in his home field (by either passing the ball or delivering it over the net)
3. Partners are forbidden to smash the ball.

All further Throwball rules apply.

THROWBALL **INDIVIDUAL ABILITY TESTS**

In order to be able to follow improvement of common and special abilities and to evaluate training efficiency we perform individual testing of players. The testing helps coaches in evaluation of their work and motivates sportsmen to regular training and to acquiring of competition habits.

TEST 1 Ball Juggling

Equipment: volleyball, stop-watch, whistle

Description: A player keeps throwing the ball in the air and catching it again for a period of 60 seconds. If the ball falls down the player has to pick it up as quickly as possible and continue.

Evaluation: Each properly caught ball – 1 point.
If performed without a single fall - 5 bonus points are added

Ball juggling is repeated in two 60 second rounds. The better score from both rounds is marked down.

TEST 2 Passing from Chest Level to a Target Area

Equipment: volleyball, stop-watch, whistle, adhesive tape, tape measure

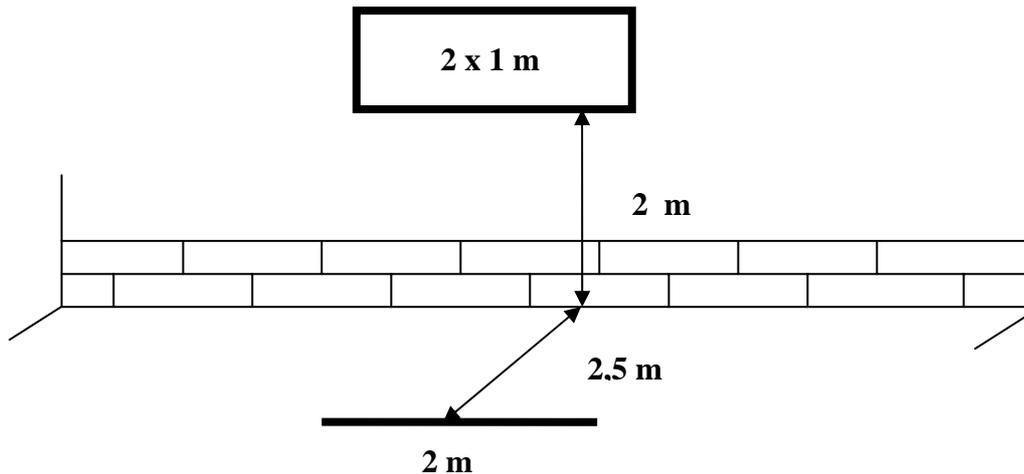
Description: A 2-m-long base line is marked 2.5m from a wall. The target area is a 2x1 m rectangle marked on a wall having its bottom line in the height of 2 m. A player attempts to rebound the ball by hitting the target area from chest level for a 60 second period. If the ball falls down the player has to pick it up as quickly as possible and continue.

Evaluation: Each well performed, well placed and caught shot means 1 point.
If the ball misses the target area even if caught – no point.
A player may stand anywhere behind the base line. If he oversteps the base line – no point

The test is repeated in two 60 second rounds.

If performed without a single mistake - 5 bonus points are added

The better score from both rounds is marked down.



TEST 3 Hitting Target and Catching after Rebound

Equipment: volleyball, stop-watch, whistle, adhesive tape, tape measure

Description: A 2-m-long base line is marked 3.0 m from a wall. A 2-m-long target line shall be marked on the wall at the height of 2.0 m (with no upper boundary). A player hits the wall in a free manner anywhere above the target line. Upon rebounding the player lets the ball hit the ground and then catches it.

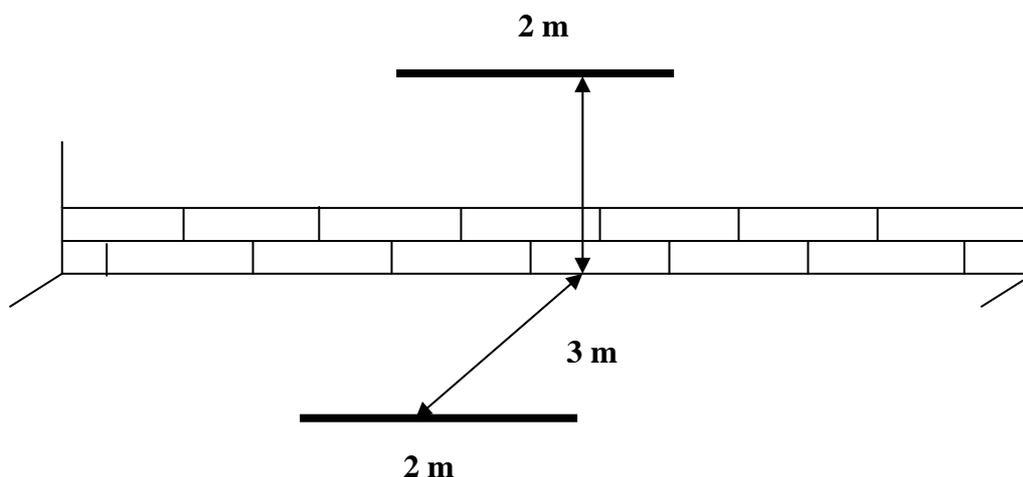
The player may catch the ball anywhere. The wall (target) shot may however be made only from the base line.

The test is repeated in two 60 second rounds.

Evaluation: Each well performed, well placed and caught shot means 1 point.
If performed without a single mistake within the time limit- 5 bonus points are added.

No point is scored if :

- player misses target area
- base line is overstepped
- player catches ball in the air (before it hits the ground)



TEST 4 **Service**

Equipment: 5 volleyballs, net, tape measure, adhesive tape, sticker with point score

Description: One side of the playing field (i.e. area 7 x 9 m) is divided into 4 equal segments of a different point value.

Top of net level : Women & Boys 210 cm
 Men 241 cm

The player serves-throws (from a position behind the Back line) into the opposite field 5-times.

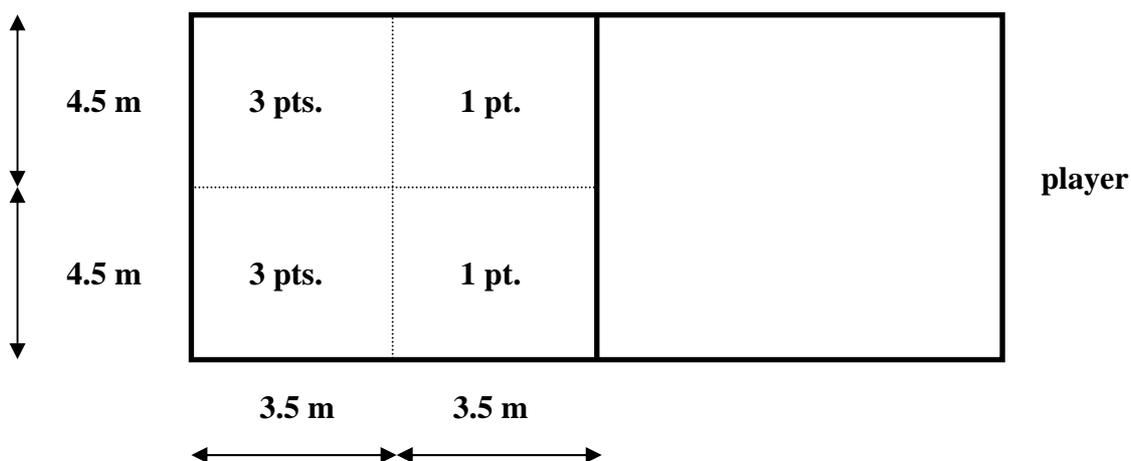
He must not overstep (foot fault). He may throw the ball in any manner except striking (hitting) the ball. Any position behind the Back line is allowed.

Evaluation: Each well performed service is evaluated according to the indicated point value.

If all services are thrown properly - 5 bonus points are added.

Two rounds each having 5 services are played.

The better score result counts.



TEST 5 Pass into Opposite Field

Equipment: volleyball, net, adhesive tape, sticker with point score

Description: Home field is divided into two halves – offensive and defensive

The player performs :

- 4 passes into the opposite field from the offensive half;

- 4 passes into the opposite field from the defensive half

The opposite field is divided into 6 segments each having a different point value.

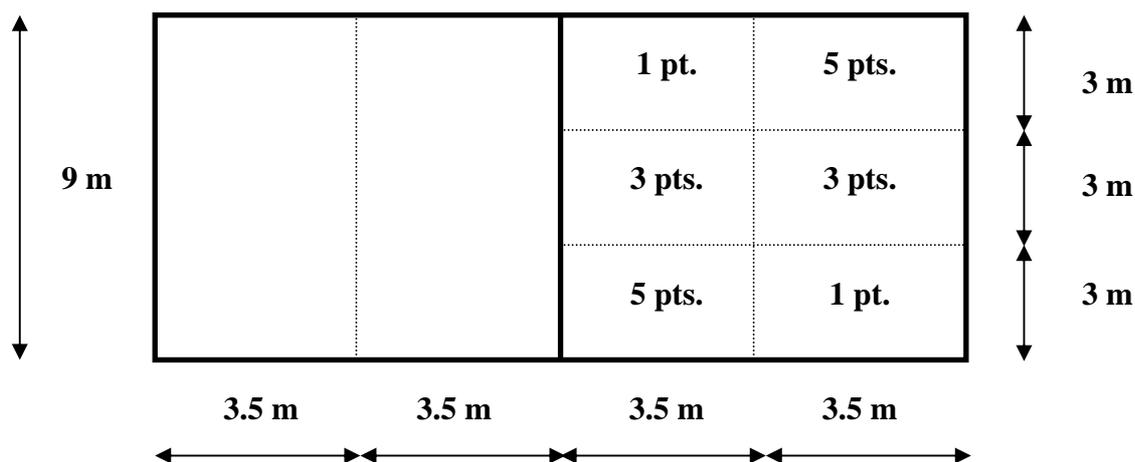
Top of net level : Women & Boys 210 cm

Men 241 cm

The player attempts to pass the ball into the highest value segment of the opposite field by throwing the ball using one or both hands.

Evaluation: The total score is a sum of achieved points from all 8 throws.

Successful performance of all throws is evaluated by an extra 5 point bonus.



FINAL SCORE

The point results from all 5 tests are summed up.

TEST OF INDIVIDUAL ABILITIES – THROWBALL

Table of results:

Name:

Date of birth:

	1. Attempt Points	2. Attempt Points	Bonus Points	Total Points	Date
TEST 1 Juggling					
TEST 2 Pass to Target					
TEST 3 Catch after Rebound					
TEST 4 Service					
TEST 5 Pass to Opposite Field					

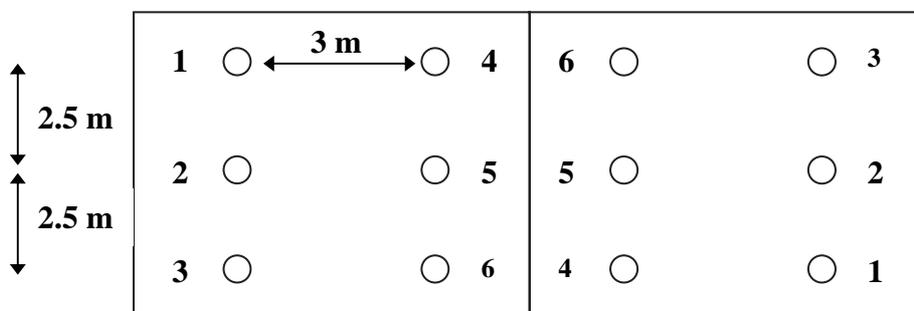
Competition of Teams

Equipment: 2 volleyballs

playing field 14 x 9 m

net - top edge height : women, boys 210 cm
men 241 cm

position markers (stickers)



Rules: Team competitions are played on a standard 14 x 9 m playing field (minor alternation is acceptable)

Two teams play, each of them having 6 players:

- 3 Front line (offensive) players
- 3 Back line (defending) players

Distances between players are 2.5 m.

The distance between the front line and back line is 3 m.

In order to allow each player to play at each post 6 rounds are played.

Game system in each round:

- 1) No.1 player passes the ball from chest level to player No.4, who throws the ball into the opposite field. The competing team tries to catch the ball and return it over the net. For every successfully caught and returned ball the opposite team earns 0.5 point. The opening team doesn't return the ball.
- 2) No.2 player passes the ball to player No.5, who throws the ball into the opposite field.
- 3) No.3 player passes the ball to player No.6, who throws the ball into the opposite field.

The referee hands the ball to the players.

The competing team continues using the same system and thus ends the first round.

In the following rounds all players shift one position clockwise giving each player a chance to play on all 6 positions.

The teams change sides after each round.

Substitutes can enter the play after the round ends.

Coaches are not allowed to intervene in the game nor give instructions.

Evaluation:	a) Good pass from Back line to Front Line	1 point
	b) Good pass from Front line to opposite field	1 point
	c) Caught and returned ball	0.5 point

The team with higher score wins.

In case of a tie game a new round is played, only the teams take turns in serving. In such case the minimum final difference must be 2 points.

THROWBALL - TEAM COMPETITION

Table of Results :

	TEAM "A"		TEAM "B"	
	CLUB :		CLUB :	
Round	Points	Points for Return	Points	Points for Return
1 st				
2 nd				
3 rd				
4 th				
5 th				
6 th				
Total				

OVERALL TOTAL TEAM "A"		OVERALL TOTAL TEAM "B"	
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