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Edition: – 2

ISBN:

Published by:

KHEL SAHITYA KENDRA

726, Ansari Road, Darya Ganj, New Delhi – 110002



OFFICIAL TARGETBALL RULES

As Approved By
ITF Central Board
Mathura, U.P. (India)



VALID AS OF APRIL 2023



PREFACE

Targetball is an Indian sport that has been officially played since 2012. The promotion of Targetball expands the sports industry and creates employment opportunities. It makes a major contribution to the maintenance and enhancement of the national health both in mind and body. Sport is one of the elements of the world's common cultural heritage.

The material in the book has been further updated wherever it has been felt necessary, particularly in the rules dealing with match satisfaction.

Targetball is a contributory sport in fostering international friendship and goodwill.



Responsibility and Liability

Participants in Targetball must be aware of the Rules of Targetball and of other information in this publication. They are expected to perform according to the Rules. Emphasis is placed on safety. Everyone involved in the game must act with consideration for the safety of others. Relevant national legislation must be observed. Players must ensure that their equipment does not constitute a danger to themselves or to others by virtue of its quality, materials or design. INTERNATIONAL TARGETBALL FEDERATION (ITF) does not accept responsibility for any defects or non-compliance of facilities and is not liable for any consequences resulting from their use. Any verification of facilities or equipment conducted before a match is limited to ensuring an overall appearance of compliance and sporting requirements. Referee exercise an important role controlling the game and ensuring fair play.

Implementation and Authority

The Rules of Targetball apply to all Targetball players and officials. National Federation / Associations have discretion to decide the date of implementation at national level.

The Rules are issued by the ITF Rules Committee under the authority of the International Targetball Federation. Copyright is held by the Targetball.

Availability of the Rules

Information about the availability of the Rules is available on the ITF website and information the purchase of Rules books is included at the end of the publication.



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Section – 1

HISTORY OF THE GAME

Targetball game was started on 8 October 2012 by Dr. Sonu Sharma from Mathura district of Uttar Pradesh state of India. The Objective of the game was to throw the Targetball, into the Target ring. This game was first played at Shri Ji Baba Saraswati Vidya Mandir School. This game



is purely Indian game. The first demo of this game was given by Dr. Sonu Sharma in year 2012 in Mathura district of Uttar Pradesh state of India. In which representatives of different states of India participated. The first official National level competition of this game was organized at Lord Krishna Public School in Hathras district of Uttar Pradesh state in India dated on 24th October 2013 to 26th October 2013, 08 states of India

participated in this competition. After that, National level competitions of this game started being organized every year for different age groups in different states of India. Targetball game was first recognized in India by the **SGFI** (School Games Federation of India) and **Vidya Bharti** in the year 2016. In the year 2017, the Targetball game was also recognized by the **AIU** (All India Inter - University Games) of the Government of India in the country of India. After getting the fame of Targetball game in India, Dr. Sonu Sharma decided to promote this game international level. Dr. Sonu Sharma decided to promote the Targetball game international level for the first time in SAARC countries. They went to other countries and gave a demonstration of this game and also organized friendly matches among themselves. The official tournament of Targetball game at the international level was held from 5 August 2022 to 9 August 2022 in Dhaka, Bangladesh. The tournament was organized in the name of **Founder Trophy** in senior category and **Achievers Cup** in junior category. India and Bangladesh participated in this tournament. From the beginning till now, Dr. Sonu Sharma made changes in the rules of this game from time to time, so that this game can become more interesting. By 2022, this game was played in **Bangladesh, Pakistan, Sri Lanka, Nepal, Bhutan** and **Afghanistan** countries apart from **India**.

India is the acting member of International Targetball Federation. India is the member of this Federation from very first year. All rules and regulation of Targetball is circulated from India. The credit for making this game and taking it to this level goes to Dr. Sonu Sharma. Dr. Sonu Sharma came to be known as the father of this game. Dr. Sonu Sharma was also made the president of this game at the international level in the year 2019. The Targetball game was registered international level in the year 2019 under the name of **International Targetball Federation**. To give more heights to the Targetball game in the year 2022, Dr. Sonu Sharma modifies this game into **Beach Targetball** and **Mixed Targetball** game and emerged these games which people liked very much. Along with the Targetball game, Dr. Sonu Sharma also became famous as the founder of **Beach Targetball** and **Mixed Beach Targetball** game.



DEVELOPMENT OF GAME

The game is developing in very progressive manner. When the game was started, it was played only on chat ground but now the game is played on different surfaces like chat, grass, wooden etc. the surface is developed from the time of game started.

The main thing to play Targetball needed is ball and with change of time and development in the game the ball also changes and specific ball is made for Targetball. Before that big size is used for Targetball game. Now the specific ball is used for any official Targetball game.

The flag of this game was design by Founder of this game Dr. Sonu Sharma and the flag was hosted first in 2014 and it goes on every year. The flag is hosted by founder and in absence of founder the president of International Targetball Federation.

To make the game interesting, Dr. Sonu Sharma made many changes from time to time, which are as follows.....

- In starting there is no time limit but after 2012 Dr. Sonu Sharma fix the time for Men's and Women's. (20-5-20)
- In starting there is no limit of players for playing but to make the game faster and interesting game founder decided no of players (6+6) for playing in 2012.
- The logo design for International Targetball Federation was made by Dr. Sonu Sharma in 2014.
- For Women's Targetball game was start in 2014.
- As of 2016, the Targetball game was conduct by 2 referees. After 2016 the game was conducted by 1 Referee, 3 Asst. Referees and 3 Table Official.
- Penalty was launched in 2017 in Targetball game.
- 3-point score start in 2018 in Targetball Game.
- Equal Height of Ball Hoop Pole (2.75mt) for Men's and Women's in 2020.
- Equal size of ball (size no -3) for Men's and Women's in 2020.
- Equal diamond zone marking for Men's and Women's in 2020.
- Change hands allowed dribbling in 2022.
- In 2022 it was determined that the Diamond Player can be substituted at any time.
- In 2022 it was determined that players can be substituting at any time.



Section -2

PLAYING COURT AND EQUIPMENT

2.1 PLAYING COURT

The playing court dimension is a 30-meter-long and 20-meter-wide rectangle, consisting of four diamond zone and a playing area. The longer boundary lines are called side lines, and the shorter ones are called end lines. There should be a safety zone surrounding the playing court two (2) meters away from the side line and end line.

The court is 30m X 20m in size and is divided into two sections (15m X 20m). The four (4) Targetball rings are situated. The penalty line is 6.50m for the both male and female from the end line, the playing court should have flat hard surface.

2.2 LINE

All line should be off same colour and drawn in white or any contrast colour and different from court colour. All line should be 5 cm wide except end line. End line will be 10 cm wide. All line includes in the playing court.

2.3 ATTACK LINE

Attack line is 5 meters. Away from center line on both side and parallel to end line as well as center line. Attack lines are mark with dots and space, each dot are 1 meter and Space 1-meter.

2.4 CENTRE LINE CIRCLE

The Center line divides the court in two equal part and parallel to end line. Game is start from center line. Center circle is place on center line at center of the court and radius of the circle should 1 meter.

2.5 PENALTY LINE

Penalty line is parallel to end line and 6.50 meter away from end line and 50 cm away from diamond Zone. Under- 16 age group categories the penalty line is 4.50 meter away from the end line.



2.6 DIAMOND ZONE

There are four diamond zones in the Targetball court. The shape of diamond zone is diamond shape, the zone made on each end line on both sides.

Two diamond zones are on each end line, with the deference of 2m between each diamond and 1.50m from the side line, the dimension of diamond zone is show in the figure No.1.

Under-16 age categories the diamond zone is with the deference of 3m between each Diamond and 2.50m from the side line, the dimension of diamond zone is show in the figure No. 2.

2.7 Players Playing Area (PPA)

The playing area consist of 30X20 meter area along with 2-meter area around the court, so the Players playing area is 34X24 meter.

2.8 Total Playing Area (TPA)

Total playing area consists of players playing area (34X24) and substitution bench area 2 meter. Total playing area is 34X28 meter.

2.9 TEAM BENCH AREA

Team bench area shall be away from the playing court and 2 meters away from the side line. Team bench area shall be in between end line and attack line. There must be 20 seats available in the team bench area for the team bench personnel who consist of the Head coach, Assistant coach, Physiotherapist, Fitness Trainer, Sports Psychologist, Massager, Dietician, Managers and players.

2.10 OFFICIAL TABLE

Official table should be in front of the center line, parallel to the side lines from 2m away and between the two attack lines.

2.11 AUDIENCE STAND

Audience stand is for spectators who are coming to watch the match; audience stand is 2 meters away from the substitution bench. Audience stand is 6 meters away from the side line and end line.



EQUIPMENT

2.12 RING AND BALL HOOP POLE

Ring consist of hoop and nets; ring should be 50 cm diameter thickness of ring is 1 inch. Ring shall be attached with the vertical pole fix on end line and center of each diamond zone, Pole shall be 2.25 meter in height and three Inches in thickness. Total height of pole including ring is 2.75 meter. In under 16 age group the height of the pole is 1.50 meter and ring are 50 cm and total height of the pole including ring is 2.00 meter.

2.13 LIGHT OUTDOOR

During night match the light shall be proper for playing tournament. For outdoor court the light shall be proper and ball as well as other equipment and player shall be proper visible. The standard of light is divided in different categories which are as follows
Minimum height of the light pole is 7m.

S.No.	Level	Light in Lux
01	Level -1 (Competition Type)	500
02	Level-2 (Junior Type)	300
03	Level-3 (club level & Training)	200

2.14 LIGHT INDOOR

During Indoor court matches we need more light as compare to outdoor courts. So the lights which require for Indoor court are as follow.

Height of the roof is 12m -15m

S.No.	Level	Light in Lux
01	Level -1 (Competition Type)	1500
02	Level-2 (Junior Type)	750
03	Level-3 (club level & Training)	500



2.15 THE FOLLOWING EQUIPMENT WILL BE REQUIRED:

- Backstop units
- Targetball rings and nets
- Targetball
- Game clock
- Scoreboard
- Shot clock
- Stopwatch or suitable (visible) device (not the game clock) for timing of time- outs.
- Score sheet
- Playing floor
- Playing court
- Adequate lighting
- Whistle
- Plain paper
- Pens
- Match Officials
- White Medical Tape
- Measuring Tap
- Air Pump
- Air Needle
- Marking Tape / line powder

2.16 OTHER EQUIPMENT

- (i) All equipment used by players must be appropriate for the game. Any equipment that is designed to increase a player's height or reach or in any other way give an unfair advantage is not permitted.
 - (ii) Players shall not wear equipment (objects) that may cause injury to other players.
- **The following are not permitted.**
- Finger, hand, wrist, elbow or forearm guards, casts or braces made of leather, plastic, pliable (soft) plastic, metal or any other hard substance, even if covered with soft padding.
 - Objects that could cut or cause abrasions (fingernails must be closely cut).
 - Headgear, hair accessories and jewellery.



➤ **The following are permitted.**

- Shoulder, upper arm, thigh or lower leg protective equipment if the material is sufficiently padded.
- Compression sleeves of the same dominant colour as the T- shirts.
- Compression stockings of the same dominant colour as the shorts. If for the upper leg it must end above the knee; if for the lower leg it must end below the knee.
- Protector for an injured nose, even if made of a hard material.
- Non-coloured transparent mouth guard.
- Spectacles, if they do not pose a danger to other players.
- Headbands, maximum 5 cm in width, made of non-abrasive, unicolour cloth, pliable plastic or rubber.
- Colored transparent taping of arms, shoulders, legs, etc.

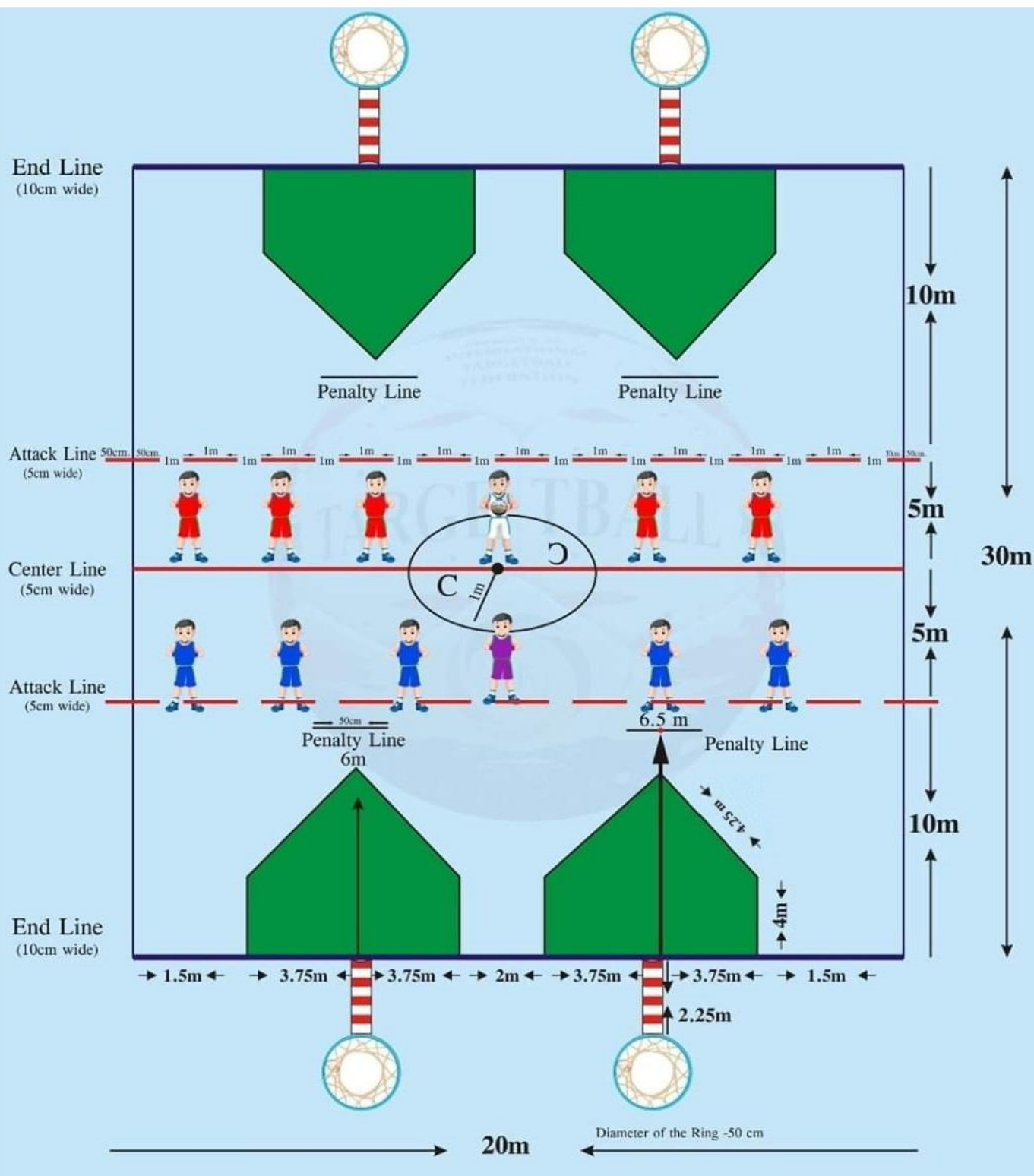
- (iii) During the game a player may not display any commercial, promotional or charitable name, mark, logo or other identification including, but not limited to, on his body, in his hair or otherwise.

Any other equipment not specifically mentioned in this article must be approved by the ITF Technical Committees

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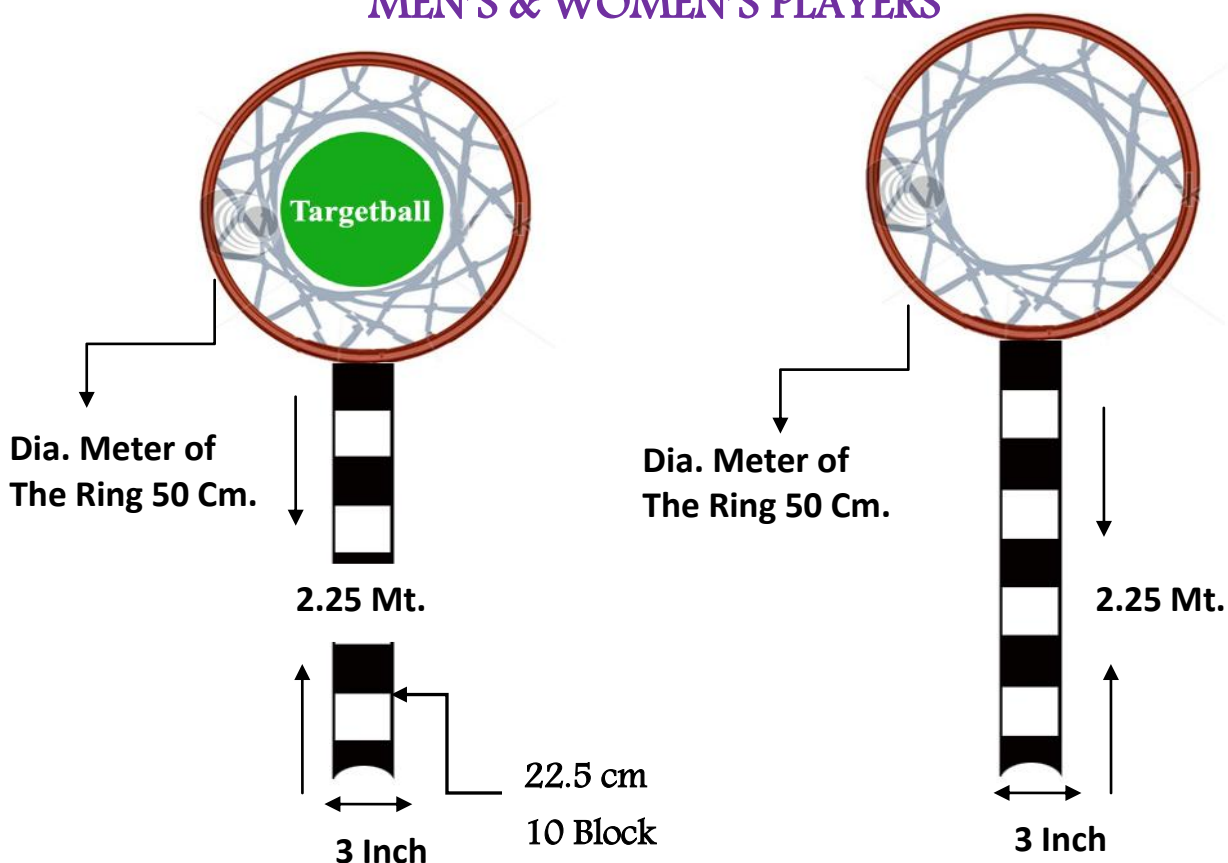


DIMENSION OF MEN'S & WOMEN'S COURT





DIMENSION OF THE BALL HOOP POLE FOR MEN'S & WOMEN'S PLAYERS

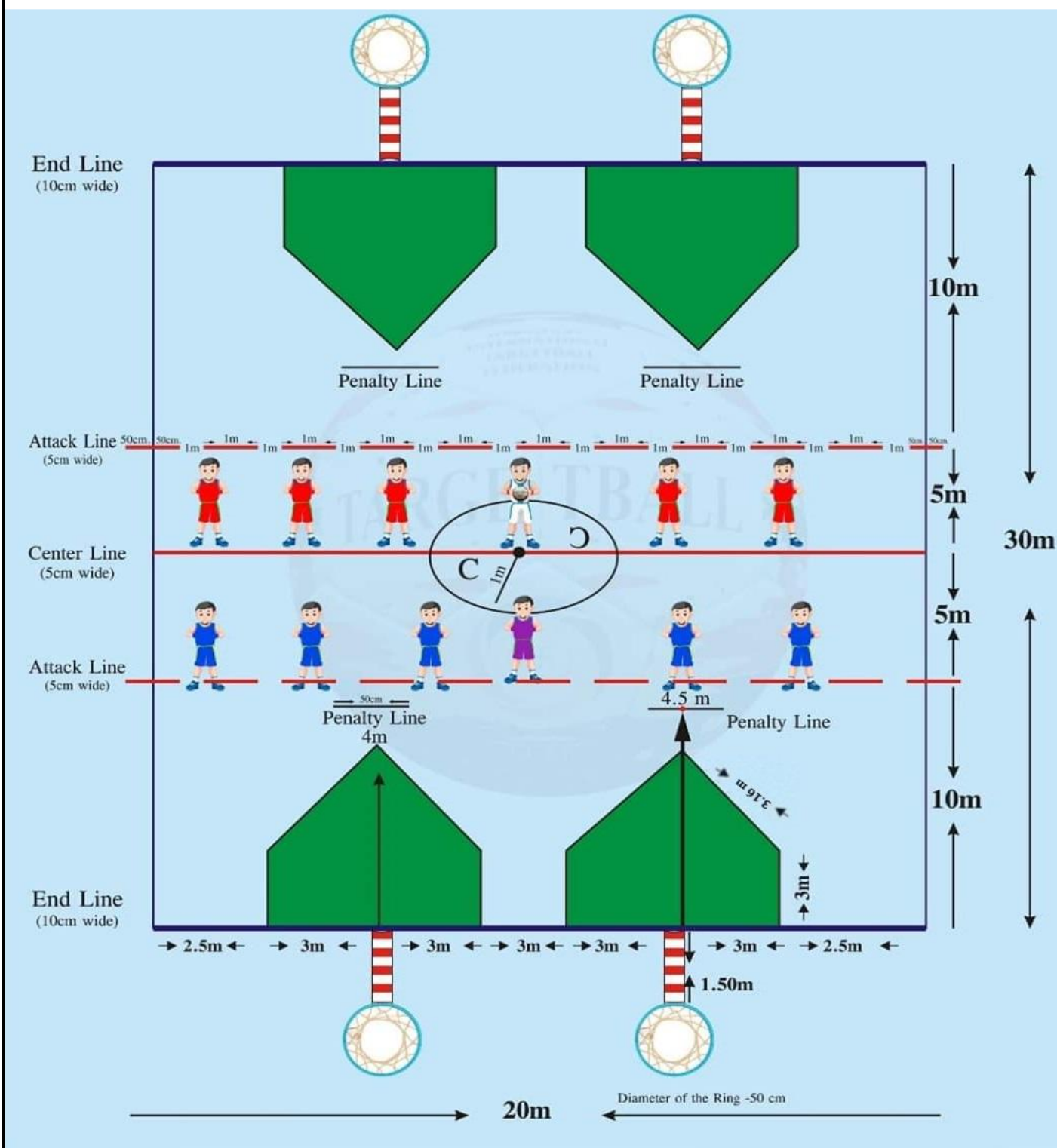


Total Height of the Ball Hoop Pole & Ring	= 2.75 meter
Height of the Pole	= 2.25 meter
Diameter of the Ring	= 50cm
Thickness of the Pole	= 3 inches
Thickness of the Ring	= 1 inch
Total Colour Box in Pole	= 10 Box
Pole colour each Box length	= 22.50cm

INTERNATIONAL TARGETBALL RULES ITF

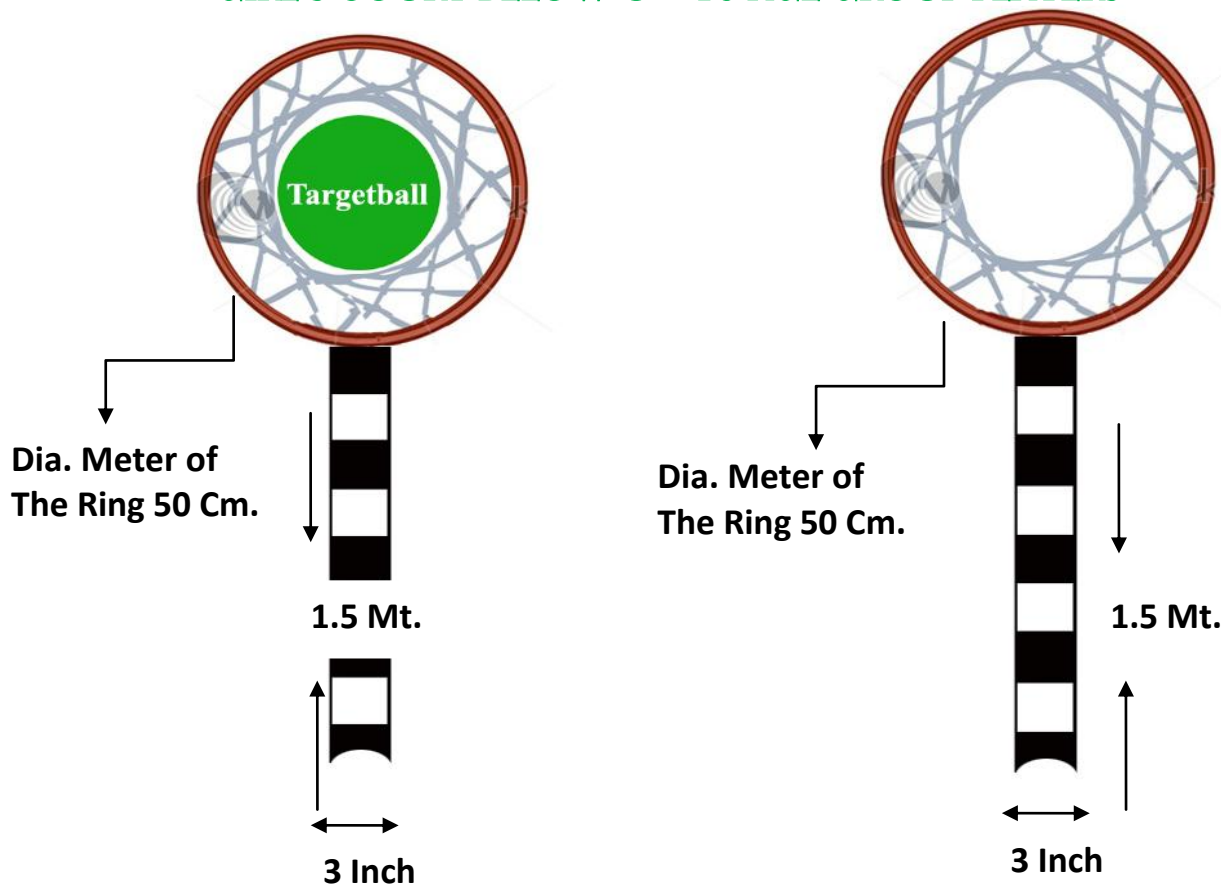


DIMENSION OF BOY'S & GIRL'S COURT BELOW U – 16 AGE GROUP





DIMENSION OF THE BALL HOOP POLE FOR BOY'S & GIRL'S COURT BELOW U – 16 AGE GROUP PLAYERS



Total Height of the Ball Hoop Pole & Ring	= 2 meters
Height of the Pole	= 1.50 meter
Diameter of the Ring	= 50cm.
Thickness of the Pole	= 3 inches
Thickness of the Ring	= 1 inch
Total Colour Box in Pole	= 10 Box
Pole colour each Box length	= 15 cm.



Section – 3

THE BALL

- The ball is made of leather or a synthetic material. It must be spherical. The surface must not be shiny or slippery.
- Circum. 58-60cm, weight – 350-400 gm, diameter 18.5-19.1cm (ITF Size 3) for above 16 age categories. Air Pressure 0.4 and 0.6 bar (or 5.8 to 8.7 psi).
- Circum. 52-54 cm, weight – 250-300 gm, (ITF Size 2) for under 16 all age categories. Air Pressure 0.4 and 0.6 bar (or 5.8 to 8.7 psi).
- For every game there must be at least five balls available. The reserve balls must be immediately available at the timekeeper's table during the game. The balls must meet the requirements.
- The referees will decide when to use a reserve ball. In such cases, the referees should get the reserve ball into play quickly in order to minimize interruptions and avoid time-outs.

3.1 DEFINITION

- 1) During the game, the ball is played with the hand(s) only and may be passed, thrown, tapped, rolled or dribbled in any direction, subject to the restrictions of these rules.
- 2) A player shall not run with the ball, deliberately kick or block it with any part of the leg or strike it with the fist.
- 3) However, to accidentally come into contact with or touch the ball with any part of the leg is not a violation.

LIVE AND DEAD BALL

3.2.1 LIVE BALL

Live ball means ball is a live for playing match. If ball is in playing area that ball is a live till referee's whistle. With the referee whistle ball will be dead ball after that any pass; target and throw are not considering. Balls which start from the side line and free throw line also consider live after start or release from the hand. Ball is also in live condition if match is start and restart.



3.2.2 DEAD BALL

Dead ball means ball is dead after that any throw, target, pass is not allowing or consider for any advantages. Ball is dead after referee's whistle like half time, full time; committing fouls and violation, side throw etc. If the ball is far from the ground, then referee below the whistle after that ball is dead and time will stop till restart.

THROW-IN

- 1) A throw-in is awarded when the ball has completely crossed the side line, or when a court player on the defending team was the last one to touch the ball before it crossed his team's outer end line. It is also awarded when the ball has touched the ceiling or a fixture above the court.
- 2) The throw-in is taken without whistle signal from the referees by the opponents of the team whose player last touched the ball before it crossed the line or touched the ceiling or fixture.
- 3) The throw-in is taken from the spot where the ball crossed the side line or, if it crossed the outer end line, from the intersection of the side line and the outer end line on that side. For a throw-in after the ball touched the ceiling or a fixture above the court, the throw-in is taken at the nearest point on the nearest side line in relation to the spot where the ball touched the ceiling or fixture.
- 4) While the throw-in is being taken, the opponents may not be closer than 1 meter to the thrower.
- 5) If ball touch the diamond player in their zone and cross the end line and side line that ball is consider for throw in by the opponent.
- 6) If the throw in is taken from end line than opponent all players defense from behind attack line.



Section – 4

THE TEAM

A team consists of up to 12 players. 6 players shall be present on the court at the same time. Remaining players can substitute with in substitution area, if any wrong substitution happens, he or she will have penalized for 1 min suspension as per rule. At all times during the game, the team must have one of the players on the court designated as a diamond player. A player who is recognized as a diamond player can substitute in any time. If the diamond player is injured then the team can play one more diamond in the conduction of substitute player cannot as a regular player, if all the substitute as regular player, then team can play with 1 diamond player or without diamond with 06 players.

4.1 DEFINATION

- 1) A team member is eligible to play when he/she has been authorized to play for a team according to the regulations, including regulations governing age limits, of the organizing body of the competition.
- 2) A team member is entitled to play when his name has been entered on the score sheet before the start of the game otherwise team has been disqualified.
- 3) During playing time, a team member is:
 - A player when he is on the playing court and is entitled to play.
 - A substitute when he is not on the playing court but he is entitled to play.
 - An excluded player when he has committed 3 suspensions and is no longer entitled to play in that particular match.
- 4) During a break all the team members considered as players.
- 5) Each team shall consist of not more than 12 team members entitled to play including the captain. a maximum of 8 team officials who may sit on the team bench and have special responsibilities, e.g., Head coach, Assistant coach, Physiotherapist, Fitness Trainer, Sports Psychologist, Massager, Dietician, etc.



4.2 UNIFORMS

- (i) The uniform of the team members shall consist of:
 - T-shirts of the same dominant colour front and back, half T-shirts sleeveless not allowed.
- (ii) All players must tuck their T- shirts into their playing shorts. 'All-in-ones' are permitted.
 - Shorts of the same dominant colour front and back, but not necessarily of the same colour as the T-shirts
- (iii) The shorts must above the knee.
 - Socks of the same dominant colour for all players of the team.
- (iv) Each team member shall wear a T-shirt numbered on the front and back with a solid colour contrasting of the T-shirt.
- (v) The numbers shall be clearly visible and readable
 - The number back shall be at least 20 cm high.
 - The number front shall be at least 10 cm high.
 - The numbers shall be at least 2 cm wide.
 - Teams shall use numbers from 01 to 15.
 - Players on the same team shall not wear the same number.
 - Any advertising or logo shall be at least 5 cm away from the numbers.
- (vi) Teams must have a minimum of 2 sets of T-shirts and shorts.
 - Organizer should have two set of different colour bibs.

4.3 RULES FOR TEAM OFFICIAL (COACH, ASST. COACH & PHYSIO)

1. A team is allowed to use a maximum of 3 team officials during the game. These team officials may not be replaced during the course of the game. One of them must be designated as the responsible team official. Only that official is allowed to address the timekeeper/ scorekeeper for time out.
2. A team official is generally not allowed to enter the court during the game. A violation of this rule is to be penalized as unsportsmanlike conduct. The game is restarted with a free-throw for the opponents and referee can give any advantage to opponent team like (free throw, penalty, yellow card, red card).



3. The 'responsible team official' shall ensure that, once the game has started, no other persons than the (maximum 8) registered team officials and the players who are entitled to participate are present in the substitution area. A violation of this rule leads to progressive punishment for the 'responsible team official'.
4. A player or team official is entitled to participate if he/she is present at the start of the game and is included in the score sheet.
 - A player who is entitled to participate May, enter the court through the team's own substitution line at any time. *By informing table official*
 - The 'responsible team official' shall ensure that only players who are entitled to participate enter the court. A violation is to be penalized as unsportsmanlike conduct by the 'responsible team official'.

4.4 DIAMOND PLAYER

1. Diamond player only allowed entering in Diamond zone with ball or without ball.
2. Diamond player will have substituted by the diamond player only.
3. Before the game the 2-diamond player should be fixed by each team.
4. Diamond player will be change in any time.
5. If the diamond player inside the diamond zone with ball, then he is not allowed to target first he will give the pass to another player and he will come outside the diamond zone and again he will collect the ball then he will go for target.
6. Diamond player T-shirt no. should be fixed 10 and 15.
7. Diamond player T-shirt color should be different from his team player.
8. Diamond player can save the target inside the diamond zone.
9. Diamond player can go in any diamond zone.

4.5 PLAYER SUBSTITUTIONS

1. Player whose name in the score sheet they can substitute without inform table official. The player will be substitute from the substitution zone.
2. A violated substitution shell be penalized with a 1-minute suspension for the violated player. If more than one player from the same team is violated the rules, then they will be penalized 1-minute suspension the game is restarted with a free- throw for the opponents.



3. If an additional player enters the court without a substitution, or if a player illegally interferes with the game from the substitution area, there shall be a 1-minute suspension for the player. Thus, the team must be reduced by one player on the court for the next 1 minute (apart from the fact that the entering additional player must leave the court).
4. If a player enters the court while serving a 1-minute suspension; he/she shall be given an additional 1-minute suspension. This suspension shall begin immediately, so the team must be further reduced on the court during the overlap between the first and the second suspension. In the free throw should be started in from the attack line of attacking zone.
5. The game is in both cases restarted with a free-throw for the opponents.

4.6 PLAYERS INJURY

1. In the event of injury to a player(s), the officials may stop the game.
2. If the ball is live when an injury occurs, the official shall not blow his whistle until the team in control of the ball has shot for a field target, lost control of the ball, withheld the ball from play or the ball has become dead. If it is necessary to protect an injured player, the officials may stop the game immediately.
3. If the injured player cannot continue to play immediately (within approximately 60 seconds) or, if he receives treatment, he must be substituted unless the team is reduced to fewer than 6 players on the playing court.
4. Team bench personnel may enter the playing court, only with the permission of an official, to attend to an injured player before he is substituted.
5. A doctor may enter the playing court, with the permission of an official, for the injured player requires immediate medical treatment.
6. During the game, any player who is bleeding or has an open wound must be substituted. His/her may return to the playing court only after the bleeding has stopped and the affected area or open wound has been completely and securely covered.
7. If the injured player or any player who is bleeding or has an open wound recovers during a time-out taken by either team, before the scorer's signal for the substitution, that player may continue to play.



8. Players who have been designated by the coach to start the game or who receive treatment between free throws may be substituted in the event of an injury. In this case, the opponents are also entitled to substitute the same number of players, if they so wish.

4.7 Captain. Duties and powers

- 1) The captain (CAP) is a player designated by his coach to represent his team on the playing court. His/her may communicate in a courteous manner with the officials during the game to obtain information, however, only when the ball becomes dead and the game clock is stopped.
- 2) The captain shall, immediately at the end of the game, inform the referee if his team is protesting against the result of the game and sign the score sheet in the space marked 'Captain's signature in case of protest'.
- 3) Before the match starts, the two captains toss for choice of target end or first centre pass and notify the scorers and the referee of the result.
- 4) The captain has the right to approach the referee during an interval for clarification of any rule. Any players for whom the clarification is relevant may accompany the captain
- 5) The umpires may request the captain to speak to any on-court players whose behavior is causing concern
- 6) In the event that the captain is not on the court, an on-court captain can consult to the referee.
- 7) In the absence of coach or asst. coach captain can take time out for his team.

4.8 Coaches. Duties and powers

- 1) At least 20 minutes before the game is scheduled to begin, each coach or his representative shall give the scorer a list with the names and corresponding numbers of the team members who are eligible to play in the game, as well as the name of the captain of the team, the coach and the assistant coach. All team members whose names are entered on the score sheet is entitled to play, when if they arrive before the beginning of the game.



Section –5

GAME PLAY

5.1 HOW TO START THE GAME

- Before every match each team must report call room before 15 minutes.
- Starting of the match and stay on the call room and after that team will go in line in the court on Side line in
- All the verification will be done in the call room by call room Incharge.
- Our volunteers will facilitate both the teams to the court for the National anthem. For the National anthem team will stand on court side line in front of official table.
- After National anthem the referee will call the team captain for the toss on the centre circle. And the toss could be done by either chief guest or referee.
- The attacking team will stand on the centre line with their diamond player and the defense team will stand behind the attack line with their diamond player of their side.
- The match will start after the whistle of referee and attacking team player have to pass the ball after the whistle anywhere in the court to start the game.
- After half time the team will live the court and after compellation of halftime the team will Inter change their side.
- After full time if the game score will **tie** then extra time will start after 05 minutes' rest, then 05-02-05 minutes will give to the teams and if the extra time will also get **Tie**, then penalty shootout starts after 05 minutes' rest, then the penalty shootout of 05-05 shots will be taken by the both the teams from any of the 12 players and if penalty shootout will also get **Tie**, then the result will be taken out by the sudden death. Sudden death will start after 05 minutes' rest of penalty shootout.
- For the penalty shootout time will be give 01 minute for each player. If players will not follow time rule, then penalty shootout will be cancelled of that player.
- For the sudden death time will be give 01 minute for each player. If players will not follow time rule, then penalty sudden death will be cancelled of that player.
- For the extra time match there is no need of toss, side will be same in first half of match time, after first half of extra time the team will Inter change their side for second half of extra time.



- For the penalty shootouts toss will be done by the referee and winner captain will decide his teams go for first target or opponent team will go for first target.
- For the sudden death there is no need of toss sudden death target will continue in same sequence like 05 shootouts.
- After the competition of the match both the teams must make a qew on center line for the greet the opposite team players through handshake. If any team will not do this thing, then this comes under the indiscipline act after that discipline committee will take action against that team.
- All the photography and videography will be done outside the court except the federation photography.
- If the attacking team commits a foul, then the defensive team will restart the game at that point where the attacking team commits a foul.
- If defensive team commits foul between end line and attack line when opponent in attacking position, then the game will restart from behind the attacking line nearer to the foul position.
- If the foul is committed between the attack's lines of the court, the game will be restarted from that particular point where the foul has committed.
- If the team takes time-out, then the game will be restarted from the end line.
- One team should not play more than two matches in a day and there should be 05-hour gap between their two (2) matches.

5.2 RESTART THE GAME

- 1) During half time team will be living the court and should be on team bench. Player cannot move out from TPA.
- 2) After half time when referee below whistle team will enter in the court and again line up accordingly.
- 3) After whistle second half will start.
- 4) Each half shall be same time limit.



5.3 END GAME

- 1) Game will finish when table official will blow the end whistle.
- 2) After finish both the teams and official shall be line up again on attack line.
- 3) Both the teams will shake hands and leave from the court.

5.4 EXTRA TIME

- 1) Match will not finish in full time, and then match will play in extra time.
- 2) Only two Extra times will play of 5 minutes each.
- 3) During extra time only one time out will allow for both the teams, time out will be one minute.
- 4) Match will not finish in extra time out, and then match will go for penalty shoot.

5.5 PENALTY SHOOT

- 1) In penalty shoot each team will get 5 shoots.
- 2) In penalty shoot only playing player can take shoot. Those who played in match out of 12 players.
- 3) The winner will decide after penalty shoots, if decision is still not come out then match will be played on sudden death.
- 4) One player can take only one shoot.

5.6 SUDDEN DEATH

- 1) Sudden death will play after penalty shoot.
- 2) All the 12 players can take part in Sudden Death.
- 3) Each player can take only one target, till 12 targets after 12 target players can take target again.
- 4) Sudden death will go on till the decision come.



5.7 PASSIVE PLAY

- 1) It is not permitted to keep the ball in the team's possession without making any recognizable attempt to attack on target. Similarly, it is not allowed to delay repeatedly the execution of a throw-off, free-throw, throw-in, for one's own team. This is regarded as passive play, which is to be penalized with a free-throw against the team in possession of the ball unless the passive tendency ceases.
- 2) The free-throw is taken from the spot where the ball was interrupted.

5.8 CONTACT AND CONTEST

When attacking or defending the ball, opposing players may come into physical contact with each other. Provided the players do not interfere with each other's play or use their bodies to gain an unfair advantage over their opponent, it is deemed to be 'contest' and play continues. 'Contact' occurs when a player's actions interfere with an opponent's play whether these are accidental or deliberate.

5.9 INTERFERENCE

Interference may occur in the following ways.

- 1) Physical contact using any part of the body to limit an opponent's ability to move freely (this includes, but is not limited to pushing, tripping, holding or leaning on an opponent)
- 2) Knocking or hitting a player including when shooting for target.
- 3) Placing hands on the ball held by an opponent.
- 4) Hitting the ball held by an opponent or removing it from an opponent's possession.
- 5) While holding the ball, pushing it into an opponent.



5.10 MOVING INTO PLAYER'S SPACE

A player causes contact by:

- 1) Landing in a place already occupied by an opponent before the movement began.
- 2) Moving into the path of an opponent who is committed to a particular landing space.

5.11 SIMULTANEOUS CONTACT

If two opposing players contact simultaneously a tossup is taken between the two players concerned.

5.12 FOUL PLAY

Foul play is anything a player does within the field of play that is contrary to the letter and spirit of the Rules of the Game or does not meet accepted standards of good sportsmanship. It includes unfair play, dangerous play and misconduct.

5.13 UNFAIR PLAY

A player must not play unfairly. This includes delaying play, intentional infringing (including when the ball is not in play), persistent infringing, intimidation or retaliation.

5.14 Dangerous Play

A player may not take any action, either deliberate or accidental, that could affect the safety of another player. Such actions may include but are not limited to:

- (1) Punching, kicking or striking a player with any part of the body
- (2) Tripping or pushing a player



Section – 6

THE TIME

The duration of the match is 20-5-20 minutes for both men and women if the match will go tie, then match will go on extra time if extra time will tie, then go as on till the result will come.

TIME-OUT

6.1 Definition

- A time-out is an interruption of the game requested by the coach or assistant coach.
- Time out with each team 1 min duration for whole match period.
- Team will have allowed taking 2 time out in first half and 1 time out in second half or vice versa.
- In extra time only 1 time out will provide for each team.
- A time-out may be granted during a time-out opportunity.

6.2 A time-out opportunity begins when

- For both teams, the ball becomes dead, the game clock is stopped and the official has ended his communication with the scorer's table.
- Time out whistle will be given by table officials.
- Time out will be given in case of ball will be in dead.
- For the non-scoring team, a field target is scored.
- A time-out opportunity ends when the ball is at the disposal of a player for a throw-in or for a first or only free throw.
 - Each team may be granted:
 - time-outs during the full match,
 - 1 time-out during each extra period.
- A time-out is charged against the team whose coach first made a request unless the time-out is granted following a field target scored by the opponents and without an infraction have been called.



- A time-out shall not be permitted to the scoring team when the game clock shows 2:00 minutes or less in the second half and in each extra period and following a successful field target unless an official has interrupted the game.

6.3 Procedure

- Only a coach or assistant coach has the right to request a time-out in the absence of both coach team captains can take time out. He shall establish visual contact with the scorer or he shall go to the scorer's table and ask clearly for a time-out, by given the time out card to the table official.
- A time-out request may be cancelled only before the scorer's signal has sounded for such a request.
- The time-out period:
 - Begins when the table official blows his whistle and gives the time-out signal.
 - Ends when the table official blows his whistle and the teams back on the playing court.
- As soon as a time-out opportunity begins, the scorer shall sound his signal to notify the officials that a request for a time-out has been made.
- If a field target is scored against a team which has requested a time-out, the timer shall immediately stop the game clock and sound his signal.
- After half time and begging extra period, the players may leave the playing court and sit on the team bench and the team bench personnel may enter the playing court provided they remain within the vicinity of their team bench area.
- During the time out team will stand inside the court no one will go outside the court, and that time coach will give the advice outside the court.



Section – 7

SCORING

- 1) A target is scored when the entire ball has completely entered the target ring provided that no violation of the rules has been committed by the thrower, a team mate or a team official before or during the throw.
- 2) The target ring referee confirms with one short one long whistle signals that a target has been scored. A target shall be awarded if there is a violation of the rules by a defender but the ball still goes into the target.
- 3) A target cannot be awarded if a referee or the timekeeper has interrupted the game before the ball has completely entered the target ring. A target shall be awarded to the opponents if a player plays the ball into his own target.
- 4) A target that has been awarded can no longer be disallowed, once the referee has blown the whistle for the subsequent throw-off to be taken.
- 5) The referees must make clear (without a throw-off) that they have awarded a target, if the signal for the end of a half sounds immediately after a target is scored and before a throw-off can be taken.
- 6) The team that has scored more target than the opponents is the winner. The game is tied if both teams have scored the same number of target or no target at all.
 - If normal target is converting, then 1 point will be awarded.
 - If penalty time target is converting, then 2 points will be awarded.
 - If behind the attack line target is converting, then 3 points will be awarded.
 - Two (2) suspensions are allowed to single player on third (3) suspensions player will disqualified and team will play with 5 players.
 - Minimum four (4) players can play in match less than 4 player team will be disqualified (in not case suspension).
 - If any player having 2 yellow cards for the fouls immediately 2 yellow cards convert in red card and player will disqualified and penalty will be given for opponent team.
 - After yellow card penalty will be given for the opponent team.
 - After red card penalty will be given for the opponent team.
 - Suspension time is 1 minute.
 - If any player gets 3 suspensions, then penalty will be given for opponent team.



7.1 SCORE

A target is made when a live ball enters the ring from above and remains within or passes through the ring. The ball is considered to be within the target when the slightest part of the ball is within and below the level of the ring.

- 1) A target is credited to the team attacking the opponents' target into which the ball has entered as follows:
- 2) 1 point is awarded if the team score field target between attack line and end line.
- 3) If the target is score during penalty time, team will get 2 points.
- 4) A target is converted from behind the attack line team will score 3 points.
- 5) After the ball has touched the target ring on a last or only free throw and is legally touched by an offensive or defensive player before it enters the target ring, the target count 1 points.

If a player accidentally scores a field target in his team's target ring, the target counts 1 point and shall be recorded as having been scored by the captain of the opposing team on the playing court.

7.2 NOT SCORE

- 1) After the whistle if the target is score, that target will not count.
- 2) The ball is touching the ring and comes out is not count as a target
- 3) Ball tear in two parts in air is not count as a target.
- 4) Ball is not cross the ring before whistle, the score is not count.
- 5) Referee has given the whistle for time over and that time ball is in Air and ball is converted in target that time, no Target will be counted. Before the referee whistle if ball is converted in rings that will be included in the Target.
- 6) Any player cut diamond zone line during the target.



Section –8

FOULS

8.1 Definition

- A foul is an infraction of the rules.
- Penalty
- The ball shall be awarded to the opponents for a throw-in at the place nearest to the infraction, except directly behind the target pole, unless otherwise stated in the rules.

It is *not permitted* to:

- 1) Block or force away an opponent with arms, hands or legs
- 2) Restrain or hold (body or uniform), push, run or jump on an opponent.
- 3) Endanger an opponent (with or without the ball).
- 4) Ball touches below the knee.
- 5) Body contact with an opponent, when opponent is going for attack.
- 6) There is no pivot in this game only 2 steps allowed with the ball.

8.2 PLAYER IN & OUT/ BALL IN & OUT

8.2.1 Definition

- A player is out of boundary when any part of his body is in contact with the floor or any object other than a player on and above or side line or end line the boundary line.

The ball is out of boundary when it touches.

- 1) A player or any other person who is out of boundary.
- 2) The floor or any object on above or outside the side line or end line.

8.3 DRIBBLING

- 1) A dribble is the movement of a live ball caused by a player in control of that ball who throws and dribbles the ball on the floor.
- 2) A dribble starts when a player, having gained control of a live ball on the playing court, throws, taps, dribbles it on the floor.



- 3) A dribble ends when the player touches the ball with both hands simultaneously.
- 4) Player can't run with the ball he/she can run with dribble.
- 5) During the dribbling player can be change his/her hands.

8.4 CHARGING

Charging is illegal, personal contact, with or without the ball by Pushing or moving on an opponent's torso.

8.5 BLOCKING

- 1) Blocking is illegal personal contact which impedes the progress of an opponent with or without the ball.
- 2) A player who is attempting to screen is committing a blocking.
- 3) Foul if contact occurs when he is moving and his opponent is stationary or retreating from him.
- 4) A player disregards the ball, faces an opponent and shifts his position as the opponent shifts; he is primarily responsible for any contact that occurs, unless other factors are involved.

8.6 PERSONAL FOUL

- 1) A personal foul is a player's contact foul with an opponent, whether the ball is alive or dead.
- 2) A player shall not hold, block, push, charge, trip or impede the progress of an opponent by extending his hand, arm, elbow, shoulder, hip, leg, knee or foot, nor by bending his body into an 'abnormal' position (outside his cylinder), nor shall he indulge in any rough or violent play.
- 3) Two yellow cards are allowed to a player.
- 4) 3 suspensions are allowed to a player.



A personal foul shall be charged against the offender.

- 1) The foul is committed on a player not in the act of shooting.
- 2) The game shall be resumed with a throw-in by the non-offending team at the place nearest to the infraction.
- 3) The foul is committed on a player in the act of shooting, that player shall be awarded a number of free throw(s) as follows:
 - The shot from the field shoot area is successful, the target shall count and, in addition, ball possession will be given to the same team.
 - The shot from the field diamond zone area is unsuccessful; one penalty will be given.

8.7 TECHNICAL FOUL

- 1) The proper conduct of the game demands the full and loyal cooperation of the players and team bench personnel with the officials, table officials.
- 2) Each team shall do its best to secure victory, but this must be done in the spirit of sportsmanship and fair play.
- 3) Any deliberate or repeated non-cooperation or non-compliance with the spirit and intent of this rule shall be considered as a technical foul.
- 4) The official may prevent technical fouls by giving warnings or even overlooking minor infractions which are obviously unintentional and have no direct effect upon the game, unless there is repetition of the same infraction after the warning.

8.8 PENALETY

A player can stand any one of their power leg any one leg toe behind the penalty line only heel can move while other leg can be movable in air any detraction but not crass the fix leg while throwing the ball.

- 1) If the defensive player commits intensively foul and directly obstruct the shooting hand in this case penalty will be provided.
- 2) Yellow card and red card will be given.
- 3) Abuse words and disobeying the referee words.
- 4) After warning, team manager and coaches interfere the game and misbehaving with table officials.
- 5) If any player gets 3 suspensions.



A player, who endangers the opponent's health when attacking him, shall be disqualified particularly if he/she.

- 1) From the side or from behind, either strikes or pulls back the throwing arm of a player who is in the process of throwing or passing the ball.
- 2) Takes any action resulting in the opponent being struck on the head or neck.
- 3) Deliberately hits the body of an opponent with his foot or knee or in any other way; this includes tripping.
- 4) Pushes an opponent who is running or jumping, or attacks him in such a way that the opponent loses control of his body; this also applies when a diamond player leaves his diamond zone area in connection with a counter-attack from the opponents.
- 5) Player abuses his team mate, opponent. Spectators or referee shall be disqualified from the match.
- 6) Seriously unsportsmanlike conduct by a player or team official on or outside the court shall be punished with disqualification).
- 7) A player who is guilty of assault during the playing time shall be excluded. Assault outside the playing time leads to a disqualification.



Section –9

UNSPORTSMANSHIP

9.1 UNSPORTSMAN LIKE CONDUCT

- Physical and verbal expressions that are incompatible with the spirit of good sportsmanship are regarded as constituting unsportsmanlike conduct). This applies to both players and team officials on or off the playing

9.2 Official Warning

A Player continues to infringe after receiving a caution for a specified behavior, the referees will issue an official warning to the player. Where appropriate an official warning may be given even if no caution has been issued.

The referees.

Advises the player by:

- a. Using the term ‘official warning’
- b. Specifying the behavior for which the official warning is being given
- c. Signals to the official bench that an official warning has been given
- d. May also state any action that will follow if the behavior does not change.

The referee-hall indicates the warning to the violated player or team official

9.3 Suspension

1) A suspension (1 minutes) *shall* be given.

- a) For a faulty substitution, if an additional player enters the court, or if a player illegally. Interferes with the game from the substitution area.
- b) For repeated fouls of the type that they are to be punished progressively.
- c) For repeated unsportsmanlike conduct by a player, on the court or outside the court.
- d) For unsportsmanlike conduct by any one of the team officials, after one of them has previously received a warning in accordance.
- e) For unsportsmanlike conduct of a type that is judged to warrant a 1-minute suspension on each occasion.
- f) As a consequence of a disqualification of a player or team official.

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- g) For unsportsmanlike conduct by a player before the game has been restarted, after he has just been given a 1-minute suspension.
- 2) After calling time-out the referee shall clearly indicate the suspension to the violated player and shows the signal to the timekeeper/scorekeeper through the prescribed hand signal, i.e., one arm raised with one finger extended.
- 3) A suspension is always for a playing time of 1 minutes; the third suspension for the same player also always leads to a disqualification.
- 4) If any player will not go outside after suspension decision by referee and asst. referee immediately then player got 2nd suspension immediate.
- 5) The suspended player is not allowed to participate in the game during his suspension time, and the team is not allowed to replace him on the court. The suspension period begins when play is restarted with a whistle signal. A 1-minute suspension carries over to the second half of the game if it has not been completed by the end of the first half. The same applies from the normal playing time to overtime and during extra time. An unexpired 1-minute suspension at the end of extra time means that the player is not entitled to participate in a subsequent in penalty.
- 6) The referees will suspend a player following an official warning for foul play if the player continues to infringe the Rules. In the case of dangerous play or misconduct, a player may be suspended without an official warning if the referees consider this action is justified.
 - a) The referees advise the player of the suspension and signals to the official bench that the player has been suspended.
 - b) A player who is suspended must immediately leave the court.
 - c) While off the court the player is seated at the official bench under the supervision of the reserve official.
 - d) No substitute is permitted and the suspended player's position is left vacant unless this player is the entre.
 - e) The suspension period of **1 minute** begins when play recommences. Once the suspension period has been completed, the player is able to return to the court.
 - f) A suspended player may join the team during any interval that occurs during the suspension but must return to the official bench when play resumes.
 - g) If any player gets 3 suspensions, then he disqualified referee will show red card and penalty will be given for opponent team and team will play 5 players.
 - h) Any player cut the side line during time-out then he/she will be penalized by 1-minute suspension.



- i) Team official or substitute player cut the side line during time-out then team any one of the playing 6 can get 1-minute suspension.

9.3 Disqualification

❖ A disqualification *shall* be given.

1. Unsportsmanlike conduct by any one of the officials of a team, after they have previously received both a warning and a 1-minute suspension.
2. Fouls which endanger the opponent's health.
3. Seriously unsportsmanlike conduct by a player or a team official, on or outside the court.
4. An assault by a player before the game or till the result comes.
5. After 2 yellow cards
6. After red card
7. After 3 Suspension
8. Player will have disqualified after that team can't change player and team will play with 5 players only after player disqualification opponent team will get 1 penalty.
9. Any team leaves the court during the match.
10. Any team is not following rules of referee. Then referee can take decision after discussion with all officials.



Section –10

The Referees / Official

Referee	01
Asst. Referees	03
Table Official	03

- 1) The referees with equal authority shall be in charge of each game. They are assisted by a timekeeper and a scorekeeper.
- 2) The referees monitor the conduct of the players and team officials from the moment they enter the premises until they leave.
- 3) The referees are responsible for inspecting the playing court, the target, and the balls before the game starts; they decide which balls will be used. The referees also establish the presence of both teams in proper uniforms. They check the score sheet and the equipment of the players. They ensure that the number of players and officials in the substitution area is within the limits, and they establish the presence and identity of the responsible team official, for each team. Any discrepancies must be corrected. The coin toss is undertaken by one of the referees in the presence of the other referee and the 'responsible team official' for each team, or a team official or player on behalf of the 'responsible team official'.
- 4) In principle, the entire game shall be conducted by the same referees.
- 5) It is their responsibility to ensure that the game is played in accordance with the rules, and they must penalize any infractions.
- 6) If one of the referees becomes unable to finish the game, the other referee will continue the game alone. (For ITF and continental events, this situation is handled in accordance with the applicable regulations.)
- 7) If all referees whistle for an infraction and agree about which team should be penalized but have different opinions as to the severity of the punishment, then the more severe of the two punishments shall be given.
- 8) If all referees whistle for an infraction, or the ball has left the court, and all referees show different opinions as to which team should have possession, then the joint decision that the Referees reach after consulting with each other will apply. If they do not manage to reach a Joint decision, then the opinion of the court referee will prevail.



- 9) A time-out is obligatory. Following the consultation between the referees, they give clear hand signals and the game is restarted after whistle signal.
- 10) All are referees responsible for keeping the score.
- 11) They also take notes about warnings, suspensions, disqualifications, and exclusions.
- 12) All referees are responsible for controlling the playing time.
- 13) If there is any doubt about the accuracy of the timekeeping, the referees reach a joint decision.
- 14) The referees are responsible for ensuring after the game that the score sheet is completed correctly.
- 15) Exclusions and disqualifications of the type indicated in rule paragraph must be explained in the match report.
- 16) Decisions made by the referees on the basis of their observations of facts or their judgments are final.
- 17) Appeals can be lodged only against decisions that are not in compliance with the rules.
- 18) During the game, only the respective «responsible team officials» are entitled to address the referees.
- 19) The referees have the right to suspend a game temporarily or permanently.
- 20) Every effort must be made to continue the game, before a decision is taken to suspend it permanently.
- 21) The black trouser, black t-shirt with white pipen uniform is primarily intended for the referees.

10.1 Objectives

10.1.1 Referee Targetball is a challenging but rewarding way to participate in the game.

(a) Referees contribute to the game by:

- (i) helping to raise the standard of the game at all levels by ensuring that players observe the Rules
- (ii) ensuring that every game is played in the right spirit
- (iii) Helping to increase the enjoyment of the game for players, spectators, and others.



(b) These objectives can be achieved by referees being:

- 1) Consistent: referees maintain the respect of players by being consistent.
- 2) Fair: decisions must be made with a sense of justice and integrity.
- 3) Prepared: no matter how long has been officiating, it is important to prepare thoroughly for every match.
- 4) Focused: concentration must be maintained at all times; nothing must be allowed to distract a referee.
- 5) Approachable: a good understanding of the Rules must be combined with a good rapport with the players.
- 6) Better: referees must aim to become even better with each and every match.
- 7) Natural: a referee must be themselves, and not imitate another person, at all times.

10.2 Referees/Officials must:

- 1) Have a thorough knowledge of the Rules of Targetball but remember that the spirit of the Rule and common sense must govern interpretation.
- 2) Support and encourage skilful play, deal promptly and firmly with offences and apply the appropriate penalties.
- 3) Establish control and maintain it throughout the match.
- 4) Use all the available tools for control.
- 5) Apply the advantage Rule as much as possible to assist.
- 6) Flowing and open match but without losing control.

10.3 Applying the rules

10.3.1 Protecting skillful play and penalizing offences.

- 1) The relative seriousness of an offence must be identified and serious offences such as dangerous or rough play dealt with early and firmly in a match.
- 2) Intentional offences must be penalized firmly.
- 3) Referees must demonstrate that if players co-operate, skilful play will be protected and the match will be interrupted only when essential for its proper conduct.



10.3.2 Advantage

- 1) It is not necessary for every offence to be penalized when no benefit is gained by the offender; unnecessary interruptions to the flow of the match cause undue delay and irritation.
- 2) When the Rules have been broken, must apply advantage if this is the most severe penalty.
- 3) Possession of the ball does not automatically mean there is an advantage; for advantage to apply, the player/team with the ball must be able to develop their play.
- 4) Having decided to play advantage, a second opportunity must not be given by reverting to the original penalty.
- 5) It is important to anticipate the flow of the match, to look beyond the action of the moment and to be aware of potential developments in the match.

10.4 Control.

- 1) Decisions must be made promptly, positively, clearly and consistently.
- 2) Strict action early in a match will usually discourage repetition of an offence.
- 3) It is not acceptable for players to abuse opponents, referees or other technical officials verbally or through body language and attitude. Referee must deal firmly with abuse of this sort and in appropriate circumstances issue a caution, warning, yellow card, red card & suspension. Cautions, warnings and suspensions can be given in isolation or in combination with another penalty.
- 4) Cautions can be given to players in close proximity without stopping the match.
- 5) It is possible, although referee is not encouraged to do so, for a player to receive two yellow.
- 6) Cards for different minor offences during the same match. However, when an offence for which a card has already been awarded is repeated, the same card must not be used again and a more severe penalty must be awarded.
- 7) When a second yellow card is awarded, the period of suspension must be significantly longer than the first suspension.
- 8) There must be a clear difference between the duration of a yellow card suspension for a minor offence and the duration for a more serious and/or physical offence.
- 9) When a player intentionally misbehaves in a serious manner towards another player, referee or other match official the red card must be shown immediately.



10.5 ACTIONS THAT MAY BE TAKEN BY REFEREES

- (1)** To manage a match, the referees may, in addition to the normal sanction, use any of the following:
 - a) Warning to the player: a player is advised that the behaviour specified must change
 - b) Issue an official warning to a player: a player is warned that suspension will follow if the behavior specified continues
 - c) Suspend a player: a player who is suspended takes no part in play for 1 minute
 - d) Order a player off: a player who is ordered off takes no further part in the match.
- (2)** A decision to give an official warning, to suspend a player, or to order a player off, will be considered to have been made jointly by the Referee and is thus binding on the Assistant Referees
 - (a) The Referee may confer before deciding on the action to be taken
 - (b) The controlling Referee should ensure the Assistant Referees is aware of the action taken and, if appropriate, the reasons for it.

10.6 Game Management

- 1)** During a match the referee are the sole judges of fact and the Rules. They should apply the Rules of the Game fairly, communicate clearly and maintain a calm, decisive control.
- 2)** A player who infringes any part of the foul play rule will be disciplined. Players on the court are expected to respond to rulings by the Referee and adjust their play accordingly.
- 3)** Similar requirements apply to team officials and bench players.



10.7 Referee's/Officials skills

The main referee's skill areas are:

- 1) Match preparation.
- 2) Co-operation.
- 3) Mobility and positioning.
- 4) Whistling.
- 5) Signaling.
- 6) During a match the referee are the sole judges of fact and the Rules. They should apply the Rules of the Game fairly, communicate clearly and maintain a calm, decisive control.
- 6) A player who infringes any part of the foul play rule will be disciplined. Players on the court are expected to respond to rulings by the umpires and adjust their play accordingly.
- 7) Similar requirements apply to team officials and bench players.

10.8 Match preparation.

- 1) Referees must prepare thoroughly for each match by arriving at the field in good time.
- 2) Before the match commences, both umpires must check the field markings, the target and the nets and check for any dangerous playing equipment or field equipment.
- 3) The three referees must wear similar colours.
- 4) Clothing appropriate to the conditions must be worn.
- 5) Footwear must suit field conditions and assist mobility.
- 6) Umpiring equipment includes a copy of the current Rules book, a loud and distinctive whistle, a stop watch, and coloured cards to indicate personal penalties.
- 7) Materials to record match details.



10.9 Co-operation.

- 1) Good team-work and co-operation between referees is essential.
- 2) Prior to a match, umpires must discuss and agree how they are going to work together to assist each other. Eye contact between referees must be practised and maintained.
- 3) Referee's must take responsibility and be prepared to assist when their colleague is unsighted or has difficulty seeing certain parts of the field. If necessary and if mobility is good, umpires must be prepared to cross the centre-line and go as far as appropriate into a colleague's half of the field to assist. This helps to reassure players that decisions are correct.
- 4) A written record of goals scored and cards issued must be kept by both umpires and confirmed at the end of the match.

10.10 Reserve Referee's/Officials

❖ The reserve referee's.

- 1) Replaces referees who become ill/injured during a match.
- 2) May assist the referees with any procedures prior to the match or during intervals.
- 3) Is seated at the referee's bench during a match.
- 4) Supervises a suspended player during the suspension period.

10.11 The Timekeeper

1. In principle, the timekeeper has the main responsibility for the playing time, the time-outs, and the suspension time of suspended players.
2. The time keepers also take care of the ball possession during time out, half time, and one-minute foul.
3. Time keeper should be keen observer show no one can take advantage of time.
4. If match is in extra time situation, then the responsibility of time keeper is to take care of extra time as time is concerned.
5. Time Keeper is the person who either blows the whistle or siren for half time and full time.
6. Time Keeper also informs the field official regarding time with coordination. Time keeper field official also blow whistle and stop the game for same.



10.12 THE SCOREKEEPER

- a) The work of score keeper is to maintain score sheet during match.
- b) Score Keeper also make all the entries related to scoring, fouls, half time, full time etc.
- c) Score Keeper also mentions the score of individual players that how many targets he has scored and how many points player scored.
- d) Score Keeper also maintains the entry of match, that who won the toss and what he chooses either attack or side.
- e) The scorers are jointly responsible for keeping an accurate record of the score.
- f) Before the start of play the scorers record the names of all players (including playing positions for the start of play) and team officials.
- g) During the match the scorers.
- h) Record any changes of players and/or positions.
- i) Record goals scored for each team as they occur as well as any unsuccessful shots.
- j) Keep a record of the centre pass taken by each team.
- k) Call the centre pass if appealed to by an umpire.
- l) Signal the direction of any centre pass to be taken immediately after a stoppage.
- m) Notify the umpires if a wrong centre pass is indicated.
- n) Record any official warning, suspension and/or ordering off.

All things should be mention in the score sheet nothing can be left in score sheet so if any problem arises that can be solved on the spot.

10.13 Misconduct

Misconduct is any behaviour that is contrary to accepted standards of good sportsmanship.

(i) Dissent with an official

A player may not dispute a ruling given by an official or direct any offensive, insulting or abusive language and/or gestures at an umpire. If a referee's call is not clearly heard a player may ask the referee to repeat the infringement penalised or seek clarification of where a sanction is to be taken.

Sanction. *Penalty pass and the player is either cautioned or given an official warning. In a serious case the umpire will suspend the player*

(ii) Actions contrary to good sportsmanship

A player must not act in a manner contrary to accepted standards of good sportsmanship.



Sanction. *Penalty pass and the player is either given an official warning or suspended. In a serious case the umpire will order the player off.*

(iii) Continued misconduct

A player who has been suspended in a match must not continue to infringe the Rules.

Action. *The player is ordered off*

10.14 DISCIPLINE OF TEAM OFFICIALS AND BENCH PLAYERS

During play team officials and bench players must remain at the team bench, except that bench players may leave the team bench for a valid reason (such as to warm up).

(i) During a match team officials and bench players may not:

- (a) Criticize the referee or their decisions
- (b) Use offensive, insulting or abusive language and/or gestures
- (c) Use excessive noise or interruption
- (d) Encourage foul play by on-court players.

(ii) Either umpire may hold time and notify the person/s concerned regarding such behaviour.

The following progression of actions will normally be used:

- (a) Caution
- (b) Official warning
- (c) Order the person's removal from the playing enclosure.

(iii) An official warning may, if appropriate, be advised as applying to all team officials and bench players of the team concerned.

Sanction. *Free pass taken where the ball was when play stopped*



10.15 Referee/Officials Uniform

T-shirt

1. T-shirts of the same dominant colour.
2. T-shirt colour is combination of two colours White and Black.
3. T-shirt should be fixed with collar.
4. On the T-shirt International Targetball Federation logo must be on left side in front part.
5. On the T-shirt sponsor logo must be on right side in front part. (if sponsor will be there.)
6. Any logo size shall be 5cm width with 10cm height.

Pant

1. Pant of the same dominant colour.
2. Pant colour should be fixed with only black colour.
3. Leather Black Belt is compulsory for all officials.

Shoes

1. Any sports shoes can be weared by officials.



Section -11

SIGNALS



1

ENTRE THE COURT

BOTH ELBOW SHOULD BE FLEXED
AND PALM FACING TOWARDS SHOULDER



2

TOSS UP

RIGHT HAND IN FRONT OF THE WAIST
AND PALM FACING WARDS THE SKY



3 A

START/RESTART OF PLAY

ARM HELD HIGH ANGLED
TOWARDS GOAL END OF
TEAM WITH PASS



3 B

START/RESTART OF PLAY

ARM HELD HIGH ANGLED
TOWARDS GOAL END OF
TEAM WITH PASS

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4

DIRECTION OF THE PASS

FOR CENTRE PASS ACTION, THROW
IN ARM OUT STRETCHED TO SIDE POINTING TO
DIRECTION OF TARGETBALL



5

TARGET SCORE

ARM HELD VERTICALLY



6

TARGET NOT SCORE

ARMS BELOW WAIST MOVE
FROM SIDE TO SIDE ACROSS
EACH OTHER



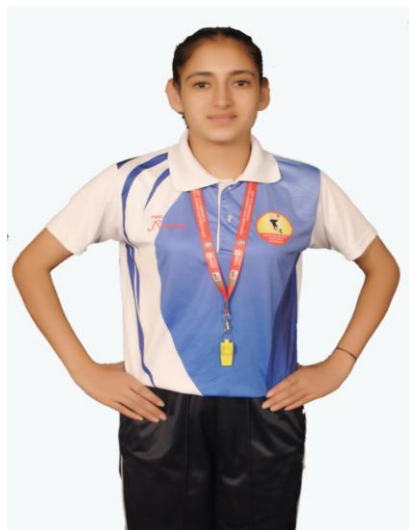
7

OBSTRUCTION OF PLAYER

ARMS ANGLED OUT FROM BODY
BELOW WAIST

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8

BLOCKING DEFENSE ILLEGAL SCREEN

BOTH HANDS ON HIPS



9

CUTTING

LEFT HAND IN FRONT OF THE WAIST
AND RIGHT HAND PUT ON THE LEFT HAND
IN CROSS WAY



10

RUNNING VIOLATION

ARMS ROTATE IN FRONY OF WAIST



11

DELIBERATE FOOTBALL

POINT TO THE FOOT

INTERNATIONAL TARGETBALL RULES

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12

PLAYER ENTRE DIAMOND ZONE

ARM RISING UP TO WAIST



13

PENALTY THROW

CLOSE THE FIST AND RISING THE ARMS UP



14

TIME OUT

FACING TIME KEEPER ONE HAND
VERTICLE AND OTHER HORIZONTAL
TO FORM "I"



15

OFFICIAL WARNING

ARMS CROSSED ABOVE HEAD

INTERNATIONAL TARGETBALL RULES

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16

ILLEGAL USE OF HANDS

STRIKE WRIST



17

HITTING THE HEAD

IMITATE THE CONTACT TO HEAD



18

PASSIVE PLAY

ARM ROTATION HORIZONTALLY
ABOVE THE HEAD



19

ONE MINUTE SUSPENSION

ARM HELD VERTICALLY WITH
ONE FINGER DISPLAYED

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20

PUSHING OR CHARGING WITHOUT
THE BALL IMITATE PUSH



21

NO 1-5

RIGHT HAND SHOW RIGHT HAND SHOW
NO 0 1 TO 5



22

NO 06 TO 10

RIGHT HAND SHOW RIGHT HAND SHOW NO 6 TO
10



23

NO 11 TO 15

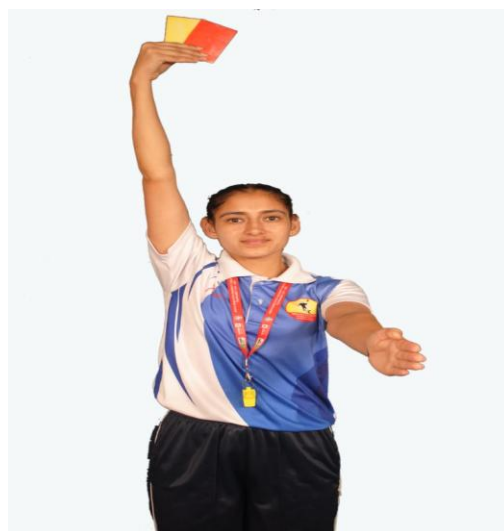
RIGHT HAND SHOW CLENCHED FISTS
LEFT HAND SHOW NO 11 TO 15



24

THREE SECOND VIOLATION

ARM HELD VERTICALLY WITH
THREE FINGRE DISPLAYED



25

RED & YELLOW CARD

RIGHT HAND SHOW CARD & LEFT HAND
INDICATE THE PLAYER



11.1 Whistle Signal for the Start or Re- Start Game

The referee must blow the whistle for start game and foul indication

- 1) For the start game only one long whistle
- 2) For the half time only one short & one long whistle.
- 3) For the Foul indication one short whistle.
- 4) For the time out one long whistle.
- 5) For the time finish two short whistles & one long whistle.
- 6) For the Target one long whistle.

11.2 SIGNALS WILL BE GIVEN BY THE OFFICIALS AS PER BELOW

S.NO.	SIGNALS	GIVEN BY
01	FOR START AND RE-START THE GAME	REFEREE
02	FOR SIDE LINE CUTTING	REFEREE AND ASST.REFEREE
03	FOR TIME OUT	TABLE OFFICIAL
04	FOR MATCH OVER	TABLE OFFICIAL
05	FOR TARGET CONVERTING	REFEREE
06	FOR DECISION CHANGE	REFEREE
07	FOR TOSS	REFEREE
08	FOR ENTERING THE COURT	REFEREE
09	FOR TEAM DISQUALIFICATION	REFEREE
11	FOR PASSIVE PLAY	REFEREE
12	FOR 3 SECOND VIOLATION	REFEREE
13	B/W ATTACK LINE TO END LINE FOULS	END LINE ASST.REFEREE
14	FOR END LINE CUTTING AND DIAMOND ZONE LINE CUTTING	END LINE ASST.REFEREE
15	BETWEEN ATTACK-TO-ATTACK LINE FOULS	REFEREE AND SIDE LINE ASST.REFEREE



Section – 12

Definitions

Target and the Target which is defended by a team is their own target.

Targetball game

Targetball is played by 2 teams of 6 players each. The aim of each team is to score in the opponents' target and to prevent the other team from scoring. The game is controlled by the officials, table officials and a commissioner, if present.

Target: opponents'/own

The Target that is attacked by a team is the opponents'

Winner of a game

The team that has scored the greater number of points at the end of playing time shall be the winner.

A

At the team bench. on or immediately beside (including behind or in front of) the team bench

Attacking team. team that has possession of the ball

B

Bench player. a player who is on the team bench at a given time during a match

Bench zone. area immediately outside the court surround where the official bench, team benches and umpires' bench are located (all on the same side of the court)

C

Caution. inform a player regarding that player's infringing and/or behavior

Controlling referee. referee in whose half play is at a given time



Co-referee: referee who is not controlling play at a given time

Court surround: area immediately surrounding the court

D

Tre90-Defending team: team not in possession of the ball

During play: at any time during a quarter/half except when time is held

E

Event organizer: person/s with responsibility for the organisation of the match

Extra time: an additional period of time used when the scores are tied at full-time and a winner is required.

F

Fake pass: player makes passing action but does not release ball

Field of play: area consisting of the court and the court surround

Free pass: sanction for a minor infringement

Full-time: end of the specified playing time for a match (40 minutes) excluding any extra time

G

Game: The Game of Targetball

Good sportsmanship: level of behavior that meets generally accepted ethical standards in sport, including playing by the Rules, self-discipline, self-control and respecting opponents and officials

H

Half-time: interval between the two halves

I

Infringement: action contrary to the Rules that may be penalised by an umpire

International play: a match between two countries played for ITF ranking points

Interval: period of time between successive periods of play



L

Landing foot (one-foot landing): foot on which a player either first lands after catching the ball *or* is standing on when the ball is caught

Landing foot (two feet landing): the foot NOT first moved when a player either catches the ball standing on both feet or lands on both feet simultaneously after catching the ball

M

Major infringement: infringement of the contact or obstruction rules or when the target ring is knocked causing a shot to miss

Match: contest between two teams played according to the Rules of the Game

Match officials: three referee and a reserve referee

Minor infringement: infringement of the rules governing playing the ball, footwork, centre pass, offside and other related rules

N

Natural body stance: being stable and upright, whether standing or moving, it may include slight arm movements for stability or momentum

O

Official bench: place where the scorers and timekeepers are located during a match

Opponent: player from the opposing team

P

Pass: action of player throwing, batting or bouncing the ball to a player

Penalty pass: sanction for a major infringement or for foul play

Period of play: a quarter in a match or a half in extra time

Pivot: a movement where the player with the ball swivels on either the heel or the ball of the landing foot without gaining any ground

Playing enclosure: area consisting of the court, the court surround and bench zone

Playing time: time elapsed in a quarter/half not including any stoppages

Possession: player holds the ball with one or both hands

Primary care person: team official who is qualified to diagnose and treat injury or illness (for example doctor or physiotherapist)



R

Reserve referee. match official seated at the umpires' bench who is ready to replace an umpire in the event of illness/injury during a match

Retaliation. player's inappropriate response to the action/s of another player

Referee's bench. place where the referee is seated when not on the court and the reserve referee is seated during the match

S

Sanction. action taken by a referee (free pass or penalty pass) against an infringing player, team official or bench player

Scorers. technical officials responsible for maintaining a scoring record of the match together with a record of centre passes and details of players on court

Simultaneous. occurs at exactly the same time

Shot. a pass that directs the ball towards the ring in an attempt to score a target

Substitution. when a player moves from the team bench to replace a player on the court

T

Team. up to 11 players (of whom a maximum of six are on the court at any time) and up to three officials

Team bench. place where team officials and any players not on the court are located during a match

Team change. when players on court change playing positions

Team officials. up to five persons at least one of whom is a primary care person

Technical officials. scorers, timekeepers and any other officials specified for an event

Timekeepers. technical officials responsible for maintaining an accurate record of playing time (including advising the umpires when play should end), intervals and stoppages



MEASUREMENTS

The following abbreviations are used:

1. CM – centimeters
2. FT – feet
3. G – grams
4. IN – inches
5. KPA – kilopascals
6. M – meters
7. MM – millimetres
8. OZ – ounces
9. PSI – pounds per square inch

TERMINOLOGY

- 1) **Player:** – One of the participants in a team.
- 2) **Team:** – A team consists of a maximum of 11 persons composed of a maximum of 06 players on the field and up to 06 substitutes.
- 3) **Field Player:** – One of the participants on the field other than the diamond player.
- 4) **Diamond Player:** – One of the participants of each team on the field who wears different colour dress to their team members as identification. He can enter diamond zone.
- 5) **Attack (Attacker):** – The team (player) which (who) is trying to score a target.
- 6) **Defense (Defender):** – The team (player) which (who) is trying to prevent a target being scored.
- 7) **Back-line:** – The shorter (20 metres) perimeter line.
- 8) **End-line:** – The back-line between the target poles.
- 9) **Side-line:** – The longer (30 metres) perimeter line.
- 10) **Attack Line:** – Between the end line and centre line.
- 11) **Shot at target:** – The action of an attacker attempting to score by playing the ball towards the target from outside the diamond zone. The ball may miss the target but the action is still a “shot at target” if the player’s intention is to score with a shot directed towards the target.

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- 12) **Pass.** – Moving the ball one player to another player in Air.
- 13) **Forehand.** – Playing a ball which is to the right of the player in a forward's direction.
- 14) **Playing distance.** – The distance within which a player is capable of reaching the ball to play it.
- 15) **Tackle.** – An action to stop an opponent is retaining possession of the ball.
- 16) **Offence.** – An action contrary to the Rules which may be penalized by a referee.

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SCORE-SHEET



INTERNATIONAL TARGETBALL FEDERATION

SCORE SHEET

VENUE.....

ROUND.....

TOSS WON BY.....

CHAMPIONSHIP NAME.....

A TEAM.....

DATE..... Time.....

MATCH NO.

CHOOSE.....

MALE [] FEMALE []

S.N.	C.N.	Name	1 Minute Suspension	Card Y R	D	Score
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						
11.						
12.						
COACH						
MAN.						

B TEAM.....

S.N.	C.N.	Name	1 Minute Suspension	Card Y R	D	Score
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						
11.						
12.						
COACH						
MAN.						

1ST HALF SCORE

2ND HALF SCORE

C.NO.	A	B	C.NO.	C.NO.	A	B	C.NO.
1	1				1	1	
2	2				2	2	
3	3				3	3	
4	4				4	4	
5	5				5	5	
6	6				6	6	
7	7				7	7	
8	8				8	8	
9	9				9	9	
10	10				10	10	
11	11				11	11	
12	12				12	12	
13	13				13	13	
14	14				14	14	
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26	26				26	26	
27	27				27	27	
28	28				28	28	
29	29				29	29	
30	30				30	30	
31	31				31	31	
32	32				32	32	
33	33				33	33	
34	34				34	34	
35	35				35	35	

S
C
O
R
E

EXTRA TIME SCORE

TIME OUT				1st Half Score				2nd Half Score				EXTRA TIME TIME OUT				PENALTY SCORE			
TEAM	1st HALF	2nd HALF		C.NO.				C.NO.				TEAM				C.NO.			
A				A				A				A				A			
B				B				B				B				B			
				C.NO				C.NO								C.NO			

SUDDEN DEATH SCORE

TEAM A.....	C.NO.												TEAM B.....	C.NO.										
FINAL SCORE <input type="text"/>	A												FINAL SCORE <input type="text"/>	A										
MATCH RESULT WON <input type="checkbox"/> LOSS <input type="checkbox"/>	B												MATCH RESULT WON <input type="checkbox"/> LOSS <input type="checkbox"/>	B										
CAPTAIN SIG.....	C.NO												CAPTAIN SIG.....	C.NO										
COACH SIG.	REFEREE SIG & NAME.....												COACH SIG.											
	ASS. REFEREE SIG & NAME.....																							
	TABLE OFFICIAL SIG & NAME.....																							



Situations & Conditions in Targetball Game

Q. If player will enter in court before substitute player, then what will happen?

A. In that case one player will be substitute for one minute and team will have to play with five players only.

Q. If team is not ready to play, and then what will happen?

A. Officials will wait for a minute, after that if the team is not ready to play, then opponent team will be winner.

Q. What happen if coach, manager & Player using abusing word?

A. First they will get a warning and next time yellow card & penalty will be given to opponent.

Q. What happen if player or coach name is in team list but they are not on ground or substitution bench?

A. If player or coach or manger is a part of team and they are not on playing area and they are in audience, then team will be penalizing with penalty and yellow card.

Q. How much time can we give to team to come inside ground for starting the match?

A. Only five minutes will be given, after final call and after that if team is not coming, then walkover will be given to another team.

Q. After what time team can fill protest form?

A. Team can submit protest form after one hour of the match. After finish the match team have one hour to submit protest form. After that protest form is not valid.

Q. Who can submit the protest form?

A. Captain, Coach & Manger can submit the protest form.

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Q. What is the time duration of injury time out?

A. Injury time out should be one minute after that player should play or have to substitute with another extra player.

Q. How many players we need to start the match?

A. We need six players to start the match.

Q. What happened if Diamond player will have injured during the match, then who will play?

A. Diamond player can be change with only second diamond player if both the Diamond player get injured then that can be change only by the substitute players who has not participated as a player in that match.

Q. What happen if a walkover will be given?

A. In this case the opponent will get 20 points and the final score will be 20-0.

Q. What is the minimum limit of player for playing the match?

A. The team will be allowed at least by 4 players.

Q. What happen if the team has No Diamond player?

A. The team can play without Diamond player.

Q. Who can change the Asst.referee in between the match?

A. Only a referee Technical Committee head can change the referee if he thinks that the referee if not appropriate for that match.

Q. Who will change the decision after given by referee and Assistance referee?

A. Only Umpire can change the decision.

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Q. What happened if coach or Manager will enter in court before ending match or during the match?

A. First time he will get yellow card & penalty will be given to opponent team and second time he will get red card & penalty will be given to opponent team.

Q. How can we fix the fixtures of national match?

A. This Decision taken by only International Targetball Federation in International level and National Level National association or National federation will take this decision.

Q. What happen if ground Asst. referee gives wrong decision and who have authority to change referee from the match?

A. If referee committed any mistake which is serious then Referee can take decision or overrule the decision, but if Referee does not see the situation, then no one can overrule the decision of referee. Referee has authority to change referee from the match or Technical Committee head.

Q. If a team does not play by referee's permission before the end of the match at half time before the half time and before the end of the match then what will happen?

A. At that time, the team that will do so will have to pay 250\$ dollars at the international level and 5000/- rupees at the national level. If no team gives a fine, then that team will be out of the entire tournament. And the opposition team will get 20 points if the front team has not come to play and if the front team leaves the court before half time, then the component team will get 15 points. And if any team does not play the match after half time or leave the court then the Opponent team will get 10 points.

Q. If a player throws the ball at the time of the match, and the ball goes to air, on the way ball divided in the two parts one-part ball goes to the ball hoop pole ring and second part goes outside then score will count or not?

A. No, that time score will not count.



Q. If any condition may not be played at the time of the match or before the match, then what will be the decision taken?

A. That time decision will be taken by the help of penalty shoot out.

Q. If under any condition, if the match is to be stopped, will the match be played from next day's start or from where it was finished?

A. If the match is played more than 15 minutes or 15 minutes will start from the same and if less than 15 minutes have been played then it will be played from the start in next day.

Q. If the match is about to end and the whistle blows before the match ends and the player throws ball for a target and after the whistle ball is converted into a target, what will be considered the convert?

A. No, the convert will not be considered if it is converted into a ball ring before it is whistled, then it will be considered a convert.

Q. What happens if someone intentionally hits the diamond player or another player with the ball while targeting?

A. The player who hit at that time will be given a suspension for the first time and if he/she hits again then he will be given a yellow card.

Q. If a defensive player commits foul at attacking time, then what decision taken by the referee.

A. That time referee first waits for the result of attacking team player then he will give the advantage for the attacking team according to the rules.



OFFICIAL MIX TARGETBALL RULES

As Approved By
ITF Central Board
Mathura, U.P. (India)



VALID AS OF APRIL 2023



PREFACE

Mix Targetball is an Indian sport that has been officially played since 2022. The promotion of Mix Targetball expands the sports industry and creates employment opportunities. It makes a major contribution to the maintenance and enhancement of the national health both in mind and body. Sport is one of the elements of the world's common cultural heritage.

The material in the book has been further updated wherever it has been felt necessary, particularly in the rules dealing with match satisfaction.

Mix Targetball is a contributory sport in fostering international friendship and goodwill.



Responsibility and Liability

Participants in Mix Targetball must be aware of the Rules of Mix Targetball and of other information in this publication. They are expected to perform according to the Rules. Emphasis is placed on safety. Everyone involved in the game must act with consideration for the safety of others. Relevant national legislation must be observed. Players must ensure that their equipment does not constitute a danger to themselves or to others by virtue of its quality, materials or design. INTERNATIONAL TARGETBALL FEDERATION (ITF) does not accept responsibility for any defects or non-compliance of facilities and is not liable for any consequences resulting from their use. Any verification of facilities or equipment conducted before a match is limited to ensuring an overall appearance of compliance and sporting requirements. Referee exercise an important role controlling the game and ensuring fair play.

Implementation and Authority

The Rules of Mix Targetball apply to all Mix Targetball players and officials. National Federation / Associations have discretion to decide the date of implementation at national level.

The Rules are issued by the ITF Rules Committee under the authority of the International Targetball Federation Copyright is held by the Mix Targetball.

Availability of the Rules

Information about the availability of the Rules is available on the ITF website and information the purchase of Rules books is included at the end of the publication.



HISTORY OF THE MIX TARGETBALL GAME

After the success of Targetball game at National and International level, Dr. Sonu Sharma started a new format of Targetball game named as Mix Targetball game.

Mix Targetball game was started by Dr. Sonu Sharma in 2022. The first national level tournament of this game was organized in Himachal.

The object of the game was to throw the Targetball into the target ring. The number of players playing in this game is 06. The game is played on same Targetball surface. And all the rules of this game were prepared by Dr. Sonu Sharma. And Dr. Sonu Sharma has been called the "**Father of the Mix Targetball Game**".



Most of the rules of the game of mixed Targetball are similar to those of the game of Targetball. the rules that differ from the game of Targetball are as follows:–

1. The number of players in a mixed target ball game is 12, with 6 players from men and 6 players from women.
2. The number of players playing a mixed target ball game is 6, with 3 from the men's category and 3 from the women.
3. There are 4 diamond players in this game in which 2 diamond players are from the male category and 2 diamond players are from the female category.
4. Before the start of the game, both the teams have to fill the names of their four diamond players in the score sheet and before the start of the game, it remains a surprise which diamond player will play in the beginning. Teams play their respective diamond players only when asked by the referee, it can be from the men's section in the past, it can also be from the women's section.
5. After the half match, both the teams have to change their diamond player, if any team has fed their diamond player from the women's category in the first half, then it will play the diamond player from the men's category in the second half if the same team has played the men's player in the first half. If you have fed a diamond player from then he will feed a diamond player from the women's category in the second half.
6. Diamond player can be changed from Diamond player to Diamond player at any time, but keep in mind that only Diamond player will change from women's category to women's category, that will be a change of Diamond player from men's category to men's category.
7. In this game, only a female player can defend another female player, if any male player defends a female player, it will be considered a foul, and that male player will also be given 1 minute suspension. If a player of male category gets this action repeatedly, then there will also be a provision to give him a yellow card and a red card.

INTERNATIONAL TARGETBALL RULES

ITF



8. Female player can defend a male player.
9. If a female player converts the target ball into the ring of the target ball pool and at that time if a male player is a diamond player, then 2 points will be awarded to the team of that women's category and if the female player in front is a diamond player. In that case, that team will be given one point.
10. Only one point will be awarded after the men's section converts the Targetball into the Targetball pool ring.
11. In this game the player who commits a foul is the player, who will be in contact at the time of file, if a penalty is awarded by a referee, then the same player concerned will have the right to take the penalty, in his place no other player can take the penalty.
12. The duration of playing this game will be 15- 5 -15.
13. This game will always be started by the female player.