

# SHOOTING BALL

## Rules & Regulation for the Conduct of Games

### 1. Ground and its Dimension

The ground should be rectangular and should be enclosed by a line of 5 cm. ( 2 inches in width).

#### 1.1 Court

321/2x65'

There shall be no obstructions up to a height of a 8 meters. The lines which divides the ground in two square courts shall be called the centre line. There will be a line in both the courts at the distance of 11' from the centre line. Net man/men can used single hand only within the line.

#### 1.2 Service Area:

A Service area shall be drawn at right side end of each court. The length and width of this area shall be 10 feet.

#### 1.3 Poles:

The poles painted white having round shape shall be erected on the centre line and should be away one feet from both the side lines. The height of the poles shall be 8 ft. 2 inches from surface.

The diameter of the poles should not be less than 3 inches.

### 2. Playing Equipments :

#### 2.1 Ball

- (a) Size : 55 cms to 58 cms diameter.
- (b) Weight : 315 grame plus-minus 10.  
For Women : 280 grams plus-minus 15.
- (c) Air pressure : For Man = 24 plus-minus 1 (pound)  
for women = 19-plus-minus 1 (pound)

#### 2.2 Net

- (a) The width of the net should be 1 meter.
- (b) The length of the net should not be less than 10 meters and should have 12 meshes.
- (c) The height of the net should be 8'.2" at both the ends and 8'.1" in centre. The height of the net for women should be 7'.6"

#### 2.3 Referee's Chair

There shall be a chair having 5 feet 6 inches height for the Referee supervising the match. '

### 3. Composition of Team and Officials

#### 3.1 Number of players - Ten (10) Seven + three) 7 + 3

#### 3.2 Coach· One (01)

#### 3.3 Manager-Once (01)

A team cannot be permitted to play in the official match sunless it has five players on the ground. The remaining players can be allowed to playas soon as they arrive at the ground with the permission of the referee. Extra players with their coach must sit on the line of the court opposite to the Referee. The three players can be substituted during a match with permission of the Referee.

The substituted player will not be allowed to play again in the same game.

#### 3.4 Uniform

The team. Should wear the uniform dress viz a Viz a short Baniyan or Tra-Shirt having the name of their state or unit on heir chest and must have a number between 1 to 10 displaying on the book of the Baniyan or T-Shirts. The number

must remain constant throughout the competition. The team not in proper uniform will not be allowed to play in official matches. Relaxation' will not be permitted. .

4. College of Supervision Officials:

4.1 Technical delegate One (1 )

4.2 Referee One (1 )

4.3 Second Referee One (1)

4.4 Line-men Two (2)

4.5 Scorer One(1)

5. General Rules of the Game

5.1 The use of fingers and open hands are not allowed.

5.2 Smash on first ball with single hand is allowed.

5.3 The ball tried upon with under hand should not strike the net and must cross the net one stroke avoiding other fouls either by single hand or both folded hands

5.4 Headed ball must cross the net under all circumstances.

5.5 The ball can be struck against any player other than net-man.

5.6 Striking the overball with nice foot work and body adjustment is allowed but trying to hit the overball while standing at one point shall be considered foul/overhead ball.

5.7 Contact of any part of the body with the net or posts during the play of the game will be foul.

5.8 Any easy placement of the ball with folded hands (upper or under) in the opposite court without a reasonable force will not be allowed and considered as froping ball.

5.9 Ball can be played by the players both sides left and right with a reasonable shooting force.

5.10 A shoot with a jump must cross the net in any condition.

5.11 Playing with upper single hand is not allowed other than to netman/two netmen, within 11' attack line only.

5.12 In case of the juniors and sub-juniors events, the participants will have to send age certificates duly issued by the Head of the School/Institution of each player to the Federation

5.13 The age limit fixed for Boys/Girls is under 14/17/19. It means that a player should not cross the specified age on 31 st December of the year in which the event is being organised.

5.14 An over age player will not be allowed to play in any case. Action by the federation shall be taken against the unit sending over age players, if proved.

- 5.15 At the venue of toumamen National championship, referee will be appointed by SGFI the Organizing Secretary and Technical delegate.
- 5.16 If there is a dispute in a game over referee's decision, the technical committee appointed by the Federation to supervise that event will appoint a delegate to observe that match. At the report of that delegate, the Technical Committee will decide the fate. of that match.
- 5.17 Second under hand to understand must cross the attack line.
- 5.18 A player can play in one wing only in one event.
- 5.19 Substitution can be taker on dea~ ball any time in any game.
- 5.20 First under hand return under hand is allowed but third time under hand which is second under hand from the same court will not be allowed. It should be a shoot.
- 5.21 Collision of two players is allowed but the ball should be played clearly by one player. If both the players have touched the ball it will be foul.
- 5.23 If the same begins late in the day, the referee must announce the time according to his own watch as the last time for playing that match. If the match is not over within given time, it will be replayed the next day from the beginning no matter what the score at the time of draw was.
- 5.24 If there is arrangement of flood light on the ground, the appeal for insufficient light may be made when the light is on first time. In that case the judgment of referee will be final if the light is sufficient or not. The appeal cannot be made about insufficient light after playing a part of the game/match in the flood light.
- 5.25 A match abandoned due to bad weather will be resumed from the same score when the weather permits the playing of the game. If it is not resumed the same day, it will be replayed from the beginning the next day. In case, weather is not fit for playing on the last day of the meet, the match may be decided by toss or the event may be extended to the next day if the participating teams and the organisers agree to it.