



Fistball

Rules of the Game and their Interpretation

Instruction guide for referees



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Preface

The general idea of this instruction guide is to **standardise** the **interpretation of the rules** and to offer regulations for a proper conduct of the referees before, during and after the game.

The contents of this interpretation are binding upon **all member federations**. Country-specific characteristics are possible, but must be added in the appendix of this folder.

This folder can be downloaded from the IFA homepage (www.ifa-fistball.com) and it is based on the rules which were settled in August 2011.

All the information given can also be useful for coaches and players.

blue	=	Number
red	=	Text
black	=	Interpretation/Explanation

Rules and Interpretation

GENERAL CONCEPT

Fistball as a team sport

2 teams consisting of 5 players each play against each other on a court which is divided into 2 halves by a marked line and a net or rope at a height of 2 metres for men and 1.90 metres for women.

Each team's aim is to strike the ball across the net (ribbon, string) in a way that the opponent fails to return.

A rally is continued until any team makes an error or a stoppage occurs.

Each error made by a team counts as a point for the opponents.

The winner is the team that

- has won 2 or 3 sets of a set-match
- has scored most points in a time-match.

1 Court and Equipment

The rules are valid for both indoor and outdoor matches. Alterations and supplementations due to indoor play are described separately. Special arrangements for juniors are laid down in the addendum.

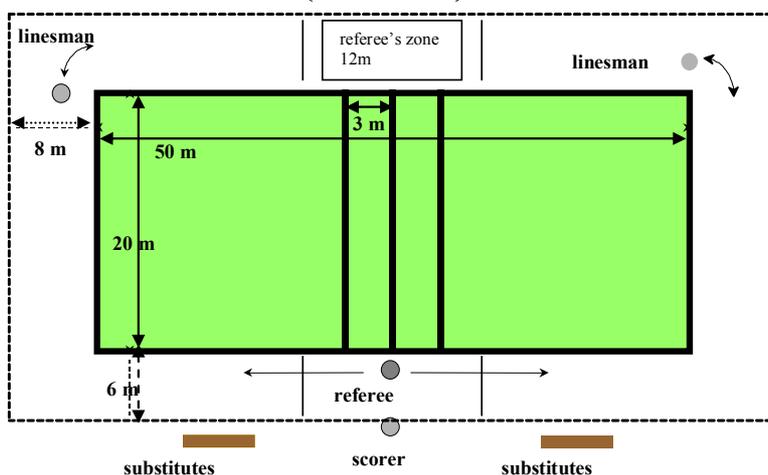
1 Court and Equipment

1.1 Court

1.1 The court is a marked rectangle, 50 metres in length and 20 metres in width. The surface should be a level grass court.

Matches under floodlight are permitted.

Court (outdoors)





Indoors

The court is a marked rectangle, 40 metres in length and 20 metres in width.

Member associations are free to specify smaller sizes.

1.1.1 Centre and service lines

1.1.1 The court is divided into 2 team-halves by a marked centre line. Each half has a service line which is marked parallel to this central line at a distance of 3 metres.

1.1.2 Line explanations

1.1.2 Boundary lines, the central line and service lines must be clearly marked. The boundary lines are part of the court, the central line belongs to both halves.

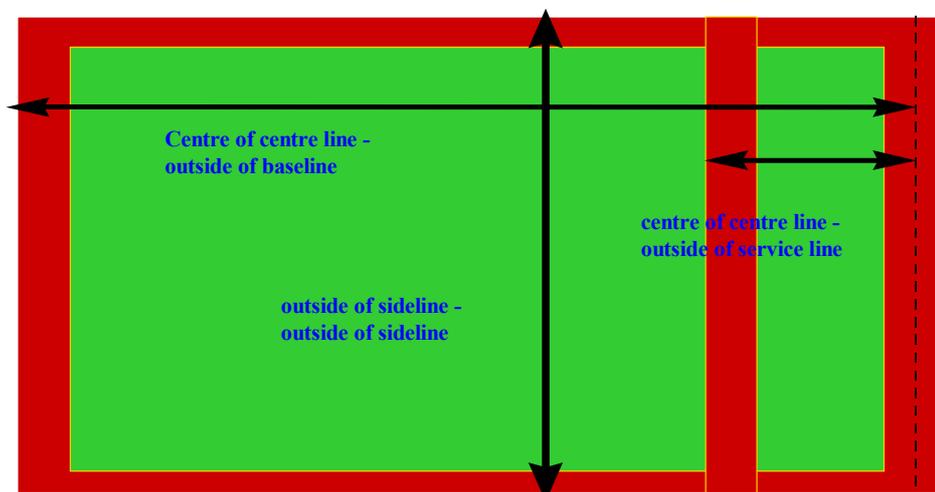
A ball touching these lines is considered to be "in".

Please note:

The distance to service and base lines is measured from the centre of the centre line to the outside of the service line and base line.

The width of 20 metres is measured from both outside edges.

line measurement

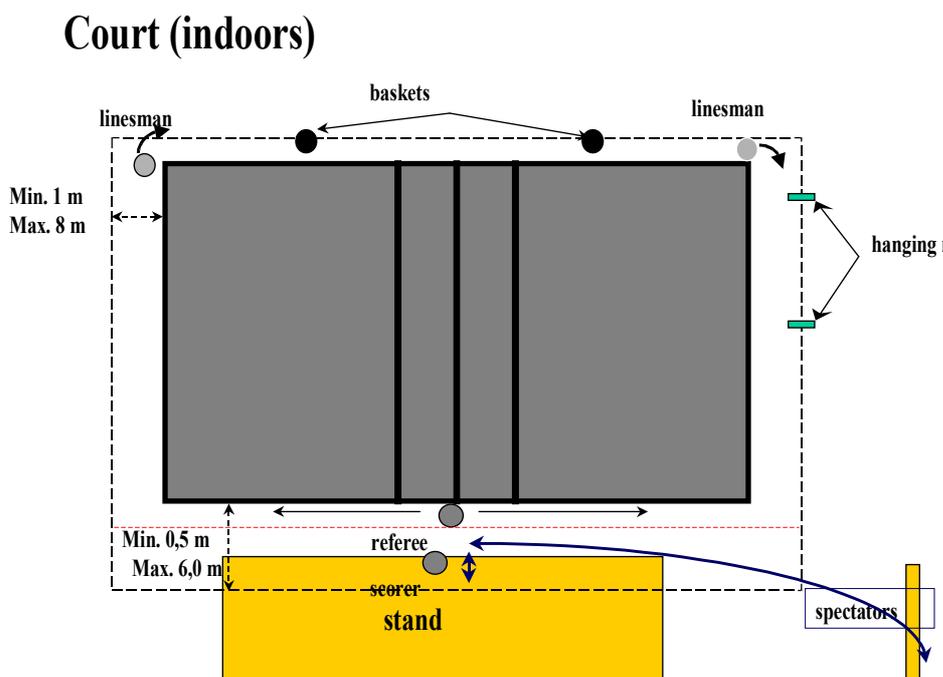


1.1.2.1 Ceiling and Wall Interpretations

Indoors

If the ball makes contact with a wall this is regarded as a fault.

As for defence and passing, the whole ceiling is part of the court; a ball touching it is still playable. If the ball touches the ceiling on the service or return, however, this is regarded as the acting team's fault. All the unremoveable fixtures are either part of the ceiling or the wall.



A ball hitting the ceiling at the opponent's court is marked as a fault. Even if the ball bounces back into the own half. (The return of a ball from the opponent's half into one's own half across the net (ribbon/string) is regarded as a fault. rule 7.5.1) The term "ceiling" is defined by a commission for each indoor court. This does not necessarily include the ceiling above the stands.

In case a ball touches a barrier which is mounted directly above the net after the first or second contact this is not regarded as a return.

Specific details must be defined together with the team captains prior to the match.

This also refers to the run-out.

1.1.3 Width of Lines

1.1.3 The lines must be between 5 centimetres and 12 centimetres wide.



1.2 Post and Net (Ribbon, String)

1.2 The following must be suspended between two free standing, upright posts at a height of 2 metres for men and 1.90 metres for women. The posts are placed at the intersection of the centre line and the boundary lines.

- a **net**, which is between 3 centimetres and 6 centimetres wide if measured vertically or



- a **ribbon** which is between 3 centimetres and 6 centimetres wide if measured vertically or



- a **string** which is between 5 millimetres and 8 millimetres wide if measured vertically.



Nets (ribbons, strings) can only be accepted if they are easily distinguishable by a bright and dark colouring in intervals of 15 to 20 centimetres.

1.2.1 Fixing of the Net

Outdoors a net that can be fixed on the top and the bottom should be used.

It is exclusively the referee's decision which net must be used (weather conditions). The net can also be exchanged during a set after the referee has held up the game.

1.2.2 Explanations dealing with the Net

As no outdoor court is absolutely even, it cannot be guaranteed that the net is 2m or 1.9m high everywhere. A reasonable compensation must be found.

1.2.3 Explanation dealing with the fixing of the net (indoors)

Indoors

If the usage of free standing posts is not possible, the posts can also be affixed to the floor or to the wall.

If the posts cannot be fixed at the intersection of the centre line and the boundary line, this point must be marked by so-called substitutional posts. (e.g. high jump racks)

It is not regarded as a fault if the ball or any player touches the anchoring or any other posts outside the marked intersection.

The lengthening of the net (ribbon/string) is regarded as anchoring; contacts by ball or player with this lengthening are therefore not faults, whereas the contact by ball or player with those parts of the posts that are higher than 2 metres is regarded as a fault.



1.2.4 Instructions dealing with posts

The posts must be solid enough to withstand heavy demands.

1.3 Run-out

1.3 Spectators, neighbouring courts and other barriers must be at least 6 metres away from the sidelines and 8 metres away from the baselines. The run-out must be clearly marked by a dashed line.

Indoors

The run-out must at least be 0.50 metres (for the sidelines) and 1 metre (for the baselines).

As the run-out can vary from 0,5m to 6m (sideline) and from 1m - 8m (baseline), it might be useful to define the run-out together with the team captains.

1.4 Ball

1.4 The fistball is a hollow ball filled with air. Its basic colour is white, but up to 20 per cent of the surface can be made up of several smaller coloured pieces. The ball must be fully inflated.

Balls used in international matches or in the highest leagues of the member federations must meet additional criteria set by the committee and the Technical Commission of the International Fistball Association.

Weight of Balls

At the beginning of each match the ball must fulfil the following requirements:

- weight	350	- 380	grammes	(males)
	320	- 350	grammes	(females)
- circumference	65	- 68	centimetres	
- air pressure	0.55	- 0.75	bar	

The referee examines these specifications to the best of his knowledge and belief, if no technical aid is available. If necessary the referee adjusts the air pressure. Objections must be proofed by the complainant.

The referee examines all the balls before the match starts. If the referee realizes any defect or improper preparation (e.g. lubricant that might cause slippery conditions on the floor), he can prohibit the ball.

After the examination the balls must not be altered any more by the teams.

If a ball is deliberately moistened during a game by a player, this player must be given a caution (in case of repetition other sanctions are possible) and another ball can be brought into the play if necessary.

1.5 Drawing

1.5 Before the match begins, both team captains draw by lots under the supervision of the referee.

The winner either chooses the end or the service.



The other captain decides the remaining possibility.

1.6 Balls Provided

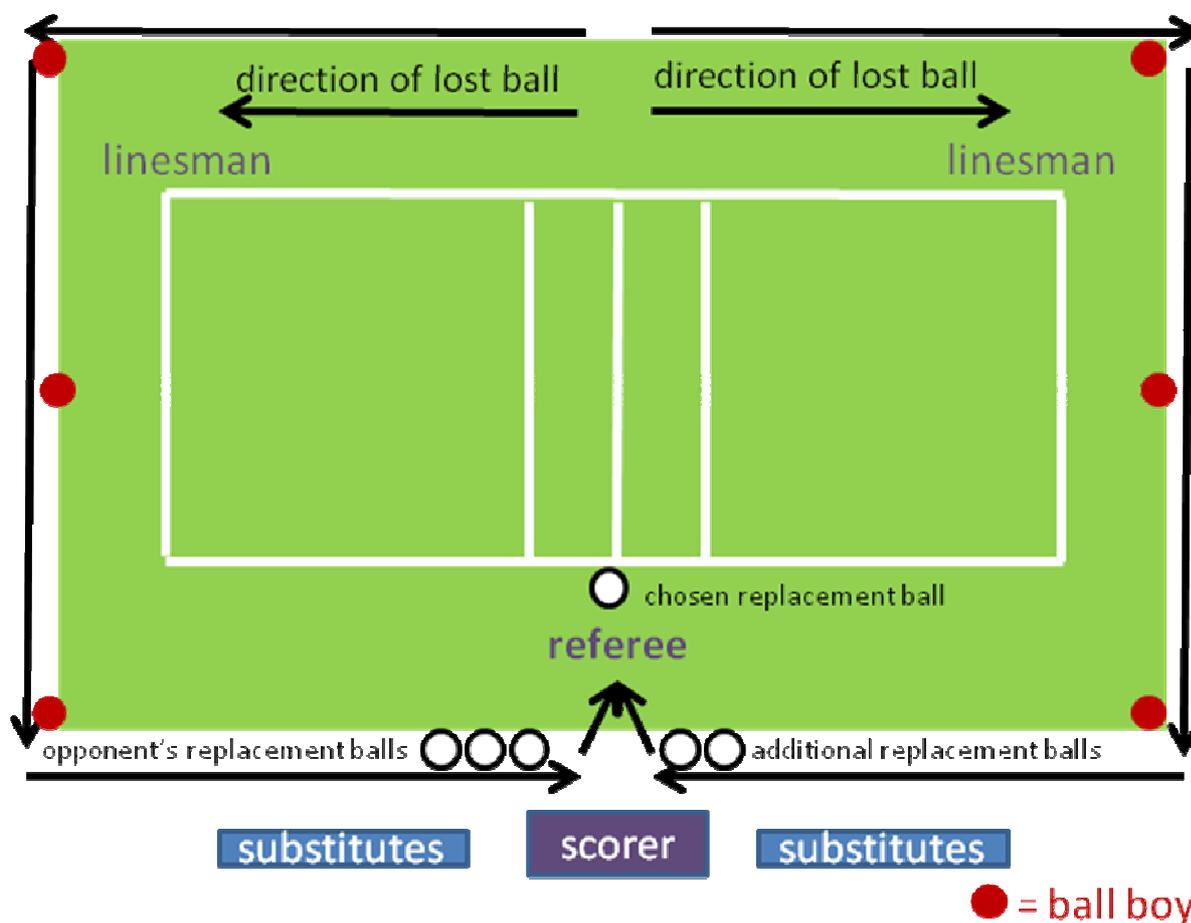
1.6 Each team provides at least one standard ball. All balls are checked by the referee prior to the start of play.

The balls not in use remain under the referee's control.

The referee decides which of the balls examined is used. There is no special sequence of provided balls. IFA-competitions can be equipped with balls provided by IFA.

The balls are organized as follows:

Organization of additional balls



Use of ball boys

If ball boys are used:

The ball is returned to the referee according to the above plan. If there is no ball near the post, it is put down there. Otherwise it is put down near the other replacement balls.

The ball must never be rolled towards the referee.

The ball boy has to wait for the referee's signal whether he wants to wait for the ball (that means that the ball boy returns the ball to the court immediately) or whether he brings in another ball. (cf. above plan)

Control during set or half time break

The referee has to make sure that the balls are still available after the break. If required, he keeps them under lock.



1.6.1 A team does not provide a ball

1.6.1 If one team does not provide a match ball prior to the start of the match, then it is not allowed to introduce its own ball during the remainder of the match.

1.6.2 Both teams don't provide a ball

1.6.2 If neither team can provide a standard ball, the match will not take place. The supervising organizer decides on punitive measures to be taken.

Normally this leads to zero points for each of the teams.

1.6.3 No ball available anymore

1.6.3 The referee can put another ball, which has been tested prior to the start of the match into play if the ball in play is not returned immediately, gets lost, becomes unplayable or does not meet the requirements.

1.6.4 No ball available anymore, the team has provided more balls

1.6.4 If the team has provided more than one ball, the match will be continued immediately with one of these other balls. A further ball exchange is not allowed in this case.

A team can provide any number of balls, the amount is not limited. There should also be balls for bad weather conditions.

1.6.4.1 No ball available anymore, a team has only provided one ball

If the team has provided only one ball, the match will be continued with the opponent's ball as long as this ball is regarded as playable.

1.6.4.2 What is good and proper?

The referee must not be responsible for the returning of the balls.

Good and proper means that the ball has been returned to the referee after an interruption. It is the referee's duty to see to it that the ball is returned to the court. In case another person sees to this, the proceeding must be undone.

1.6.5 If the opponent's ball is chosen

1.6.5 If a team accepts the opponent's ball, it has by default accepted the opponent's other provided balls.

It has to be taken into consideration that a new choice is only possible after set 4 in best of 5 matches. It has to be taken into consideration that a new choice is only possible after set 2 in best of 3 matches.

In case the referee feels the necessity to change the balls to balls for bad weather conditions, he is free to do this at the next interruption.



The match will be continued with the other balls if the first ball is not returned immediately, gets lost or becomes unplayable. A further exchange of the ball is not allowed in this case.

1.7 Types of balls

1.7 The IFA can license or prescribe certain types of balls, nets, ribbons or strings for international competitions.

The national member federations can do the same for national competitions.

Notes

The national member federations may permit alterations of the above rules on the court's dimensions, the height of the net (ribbon/string) and the ball's weight for women's, senior or junior competitions.

2 Team

2.1 Number of players

2.1 A team consists of 5 players and 3 substitutes who become part of the team from their first entry into the match. At least 4 players must play, but a fifth may join at any time (this is known as completion).

Every player and the coaches must be listed at the match report. An „X“ shows that the player is playing.

From the time they are playing every player is marked „X“.

There are substitutes' zones at IFA-competitions. These zones can only be left for warm up activities.

If a substitute player enters the court, this is regarded a fault. There must not be more than two people (coach, substitute players) within the run out.

2.1.1 How many players can be substituted?

2.1.1 Substitutions between the 8 players can be carried out without constraint.

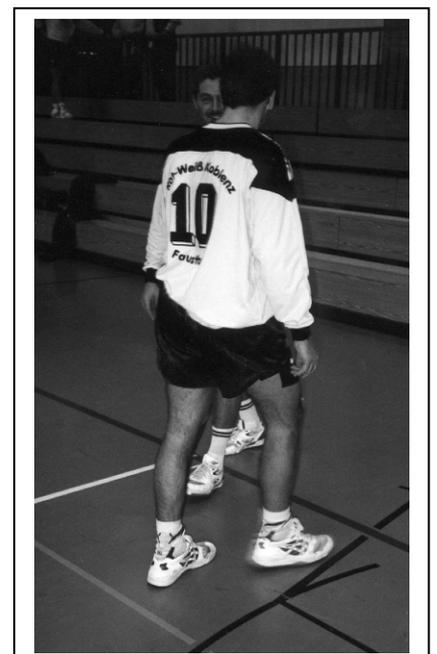
2.1.2 Substitution only at a team's own serve and after notification.

2.1.2 Substitution may only be carried out on completion of a rally with prior notification of the referee.

2.1.2.1 Where are substitutions carried out?

Substitution (entry and leaving) must be carried out at one's own service line.

That means both side lines.





2.1.2.2 Interruption or time out

Both teams may substitute players, if the match has been interrupted by the referee.

2.1.2.3 Incorrect substitution

If substitution is carried out without notifying the referee or if there are more than 5 players on the court, the referee interrupts the rally and awards a point to the opponents.

The interruption immediately follows the serve

If the team which is not serving announces a substitution, the referee has to ensure that this substitution takes place before the start of the new rally.

The substitution can be announced by any of the coaches. It must be signalled by describing circles with both hands in front of the head.

If the referee realises delaying attempts of any team, he first admonishes the player. Then a caution is the proper measure. Step 3 then might be a point for the opponent.

2.1.3 Substitutions have to be carried out without delay.

If the substitute player is not ready, a substitution must be prevented.

The referee must ensure that no team aspires to a delay. If he realises such an attempt, a warning is the proper measure.

2.2 Team captain

2.2 One player is the team's captain and has thus to be marked by wearing an appropriate armband. He (she) is the only speaker of the team during the match and is responsible for entry and farewell.

Captains can also be recognized from the entry in the match report and when drawing. As the rule claims an armband, an armband has to be worn. Offences against this must be noted in the score record.

The captain is the referee's contact as for general questions (warning, extra time...)

The captain is the only speaker of the team including the coaches. (exception: youth competitions, time-out)

Situations that concern specific players are discussed with the player concerned.

2.2.1 Captain after substitution

2.2.1 The captain continues to perform his duty if substituted except when he (she) has to leave the court due to injury or being sent off. In this case the team has to appoint a new captain.

2.3 Uniform

2.3 Each team has to wear a strip /uniform of the same shape and colour.



The uniforms must be numbered consecutively and in the same style.

2.3.1 Short-sleeved and long-sleeved jerseys

2.3.1 Short-sleeved and long-sleeved jerseys are regarded as uniform.

Players of one team may wear both short-sleeved and long-sleeved jerseys, playing without a jersey is not permitted.

2.3.1.1 Referee's uniform

The referee's uniform is described in the referee's regulations.

A yellow strip and black shorts are prescribed for IFA competitions. Alterations due to weather conditions are possible.

The member federations prescribe the referee's uniform for national competitions.

2.3.1.2 Referee's badge

The international referee's badge can be received from the international referee head. It must be fixed at the left side of the jersey.

2.3.2 Tracksuit bottoms

2.3.2 The use of tracksuit bottoms is not permitted. The International Fistball Association or the member federations may permit different trousers on condition that all players wear trousers of uniform shape and colour.

2.3.3 Shoes

2.3.3 Spikes are forbidden.

3 Playing time

3 Playing Time

3.1 Sets

The match is played **in sets**.

3.1.1 Completion of matches

The match is completed as soon as one team has won **two, three, four or five sets**. The number of sets is fixed by the invitation to a competition or the regulations for the competition.

3.1.2 Completion of sets

3.1.2 A team wins a set if it has won **11 points** by a margin of at least two points; otherwise play continues until one team leads by two points.



A set ends as soon as one team has won 15 points regardless of the margin, e.g. 15:14.

3.1.3 Change of ends and service

3.1.3 Following the end of a set, a change of ends, choice of ball and a service change are made.

3.1.4 Drawing by lot before a decisive set

3.1.4 Should a decisive set be required, lots are drawn again. As soon as one team wins six points, a change of ends, choice of ball and a service change are made.

After one minute at the latest both teams must be prepared to go on competing. Coaches and substitute players are allowed to enter the court during the change of ends.

3.1.5 Break

3.1.5 The break between the sets must not exceed two minutes.

After every four sets the break must not exceed ten minutes.

Prior to a fourth set, the break must not exceed 10 minutes. The break can also be shorter. The referee decides this together with both teams.

The break starts after the end of the set and ends after the referee's whistle. The referee has to whistle in good time for the restart after a maximum of 2 (10) minutes.

Both teams have to enter the court quickly. In case of violation the penalties for delaying tactics shall be applied.

First Note

The International Fistball Association and the member federations may also **limit set-matches by time**.

In this case clauses 3.1 to 3.1.5 are supplemented as follows:

3.2 Sets with time limit

3.2 Each set ends after **ten minutes** even if the difference in the score is not more than one point.

3.2.1 Draw after match time has expired

3.2.1 If a set ends in a draw, it is continued until one team leads by two points.

Should a set's time end during a rally, the rally is interrupted and resumed with the last service.



Should the end of a set's time coincide with the end of a rally, the next rally starts with the service of the team that has made the last fault.

3.2.2 Countdown of the last 5 seconds

3.2.2 The beginning and end of a time-limited set is indicated acoustically. Each set is ended by a signal, the last five seconds being counted out.

Lost time caused by stoppages or delays has to be added at the end of the same set.

Second note

The member federations may also allow time-limited matches.

3.3 Matches with time limits

3.3 The playing time is two times fifteen minutes. The break must not exceed two minutes.

Loss of time caused by stoppages or delays has to be added at the end of the same half.

The beginning and end of each half is indicated acoustically. Each half is ended by a signal, the last five seconds being counted out.

Following the half-time-break a change of ends, choice of ball and a service change are made.

The break starts as soon as the set has ended and ends as soon as the referee whistles. The teams must enter the court quickly.

3.3.1 Draw – a decision must be forced

3.3.1 Should the match be drawn at the end of normal play, the match is extended:

First period of extra time: lots are drawn according to clause 1.5, playing time two times five minutes. If the extra time should end in a draw, a

Second period of extra time follows: lots are drawn according to clause 1.5, playing time two times five minutes. If this extra time should end in a draw again, the match is continued until one of the teams leads by two points.

Should playing time end during a rally, the rally is interrupted and resumed with the last service.

Should the end of playing time coincide with the end of a rally, the next rally starts with the service of the team that has made the last fault.

The break between these extra times must not exceed two minutes. During the extra times there is no break.

The break starts as soon as the first extra period has ended and ends as soon as the referee whistles. The teams must enter the court quickly.

3.4 Time out



3.4 In matches according to clauses 3.1 and 3.2 each team is entitled to a break (time out) of 30 seconds per set after a rally upon notification of the referee.

The players must remain on the field.

The time out starts after the announcement by the captain or coach and ends with the referee's whistle after 30 seconds.

Both teams may substitute players if this is announced by the captain or coach.

A time out can be announced by both teams any time.

The time out must be marked in the box earmarked for it or by encircling the letters „A“ or „B“ in the appropriate line.

A second time out by a team must be prevented.

The referee may admonish the team in case of delaying attempts.

The announcement of a time out shall only be permitted straight after the rally. If the teams are already ready for the next rally (player ready to serve, time expired), the timeout must be disobeyed and postponed.

The referee controls the marking of the timeout and takes charge of the ball.

Coaches and substitutes may enter the court for the time of the time out.

Both teams must start playing quickly after the timeout has ended. Non-compliance with this rule has to be punished (cf. rule 10) The referee whistles to open the game again.

There must be a rally in between two time outs.

4 Rally

4 Rally

4.1 Begin and end of rally

4.1 Each rally starts with a service and ends with the following fault, the end of a set or half or a stoppage.

4.1.1 Service

4.1.1 Following a fault, the serve passes to the team that has made the fault. Following a stoppage, the last service is repeated.

4.1.1.1 Other interruptions

Note

The term "stoppage" denotes any stoppage that is not caused by violation of the rules, e.g. obstruction by spectators or violence between players.

In case an additional ball rolls into the court the rally is just interrupted, if it hinders a player or an accident must be suspected.

In case of an injury of a player the referee can interrupt the game at any time. In case of an obvious injury he has to interrupt the game immediately so that the player can get medical treatment. Both teams can substitute one or more players.



4.2 When can faults happen?

4.2 Only faults during a rally are scored. (exception: clause 10.2.1)

A substitute's or coach's entering the court can only be a fault during a rally. During an interruption this can just be regarded as delay tactics.

4.3 Touch of net or post

4.3 It is regarded as a fault if a player or the ball touches the net (ribbon/ string) or the posts during a rally.

4.4 Out

4.4 Each ball that touches the ground outside the marked court is regarded as the fault of the team that touched it last.

If the ball touches a non-playing person it is regarded as having touched the ground.

It is regarded as the fault of the team that touched it last, as is catching the ball within the run out if the acting team has lost control over the ball. In all other cases, catching the ball is regarded as obstruction.

If a spectator or referee touches the ball inside the run-out, the referee has to check whether the team could have reached the ball.

In that case the last rally has to be repeated. Otherwise the team has committed a fault.

If a substitute or coach touches the ball that has not bounced inside the run-out before, this is regarded as a fault for the team these persons belong to.

4.5 Unfounded Entry

4.5 It is regarded as a fault if a player enters the opponent's half without good reason.

Generally spoken it is not allowed to enter the opponent's half during a rally.

Exceptions might be unavoidable motions during the rally.

If a spiker crosses the central line for a short moment, this is only regarded as a fault if the danger of an injury cannot be avoided. (cf. block)

5 Blow

5 Blow

5.1 Definition of a blow

5.1 The short period in which fist or arm touch the ball is referred to as blow. The ball must not be pushed.

5.2 How (often) can you blow a ball?

5.2 The ball may only be hit once with fist or arm.



5.3 Blow with arm or fist

5.3 The fingertips must touch the palm of the hand and the thumb must be positioned alongside the palm at each blow using the fist. If the blow is carried out with the arm, the hand may be opened.

5.4 Further description

Blow with arm or fist	permitted
Blow with arm (open fist)	permitted
Add spin to the ball	permitted
Blow with crook of the arm	permitted
Repeated touch of arm or fist	not permitted
Ball touches upper arm and forearm	not permitted

6 Service

6 Service

6.1 Who is allowed to serve?

6.1 The service may be carried out by any player.

*No substitute

6.2 How to throw the ball?

6.2 The player serving must throw the ball up visibly and hit it directly across the net (ribbon/string).

The service is deemed to have begun as soon as the ball has left the hand of the thrower.

The referee shall put special emphasis on the fact that he puts a stop to incorrect throwing of the ball the first time it happens.

The ball can be thrown upwards.
The hand can be pulled away.
Throwing hand can be hitting hand.

6.2.1 Validity of service

6.2.1 The service is valid if the ball touches the ground within the opponent's court-half or if it touches an opponent within or outside the opponent's half.

6.3 How to carry out a service?

6.3 The service may be carried out running, jumping, standing or walking.



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Running and jumping, however, are permissible only if the first contact to the ground after hitting the ball is behind the service line.

If a standing player has lost contact to the ground during the service, the first contact to the ground must be behind the service line.

A service by a standing player constitutes the initial ground contact if the standing leg is not involved in the second ground contact.

A service by a walking player leads to a service carried out standing and is therefore permissible according to paragraph three.

6.3.0.1 If the spiker loses ground contact after the service and touches the ground inside the 3m-zone first this is always regarded as a fault.

6.3.1 No player in the opponent's half

6.3.1 During the service no player of the serving team must be in the opponent's half.

Players may be in their own 3 m-zone.

6.3.2 When may the 3 m-zone be entered?

6.3.2 The service line, the space between central and service line and the ground outside the court must not be stepped on by the server prior to the first ground contact after hitting the ball behind the service line.

Simultaneous ground contact with one leg in front of and the other one on or behind the service line is regarded as a fault.

6.3.3 One leg may straddle across service line

6.3.3 The person serving may straddle across service or side lines with one leg.

The second leg must keep ground contact in the meantime.

6.4 Without delay

6.4 The service has to be started and carried out without any delay.

If the referee recognises delaying, he announces this by whistling. The service must then be carried out within 10 seconds.

Before this rule is applied, the team must be given a warning according to rule 10.2.

The warning is carried out, if a player needs unnaturally much time for the preparations (more than ~12-15 seconds) or if he needs more needs more than 10 seconds repeatedly.

If the warning should not be successful, rule 6.4 is applied.

6.4.1 Service has not been finished

6.4.1 If a service has been initiated, but not carried out because the ball is no longer hit, this is regarded as a fault.



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6.4.1.1 „Tapping“ is permitted

Tapping the ball on the ground can never be regarded as a fault. Not even if a throwing upwards has been pretended before.

6.4.1.2 Definition of the start of a service

As the service is not started by the referee's whistle, it is not easy to define the start of the throwing properly. („cf. when does the ball lose contact with hand?“) It is recommended to define this generously.

Every setting towards the serving player must be regarded as a fault, if the setting is carried out from inside the court. Otherwise this kind of setting is allowed. (from outside the court)

6.5 Service as one of the most difficult tasks of the referee

The referee has to observe numerous elements that follow each other within a very short period.

The following hints shall optimize the observation. Depending on the way the players serve some observations must be increased or neglected.

6.5.1 Most common slips of referees

Every service that breaks the rule must be considered as a fault, even if it is the first violation. In case of uncertainties the observation of the uncertain point must be optimized.

Basics

The best way to observe something is to stand, to keep the head still and the pupils shall not move, either.

That means that the referee has to try to find the best position so that he can observe the critical situations motionless.

6.5.2 Best position

The best position must be chosen individually depending on the motions of the spiker. Pre-game observations may help the referee find the right position.

6.5.2.1 The spiker's standing leg remains on the ground while serving

The best position is 3-5 metres away from the central line but close to the sideline (to observe the line after the service. (net necessary!))

He can well observe a foot fault, the net, the first ball contact of the other team or where the ball bounces. Just a slight movement of head and eyes is necessary.

6.5.2.2 Service while running and jumping

Above position recommended.

6.5.2.3 Spiker stands, jumps and touches ground outside 3m-zone

Position at service line to find out whether or not there is a foot fault.

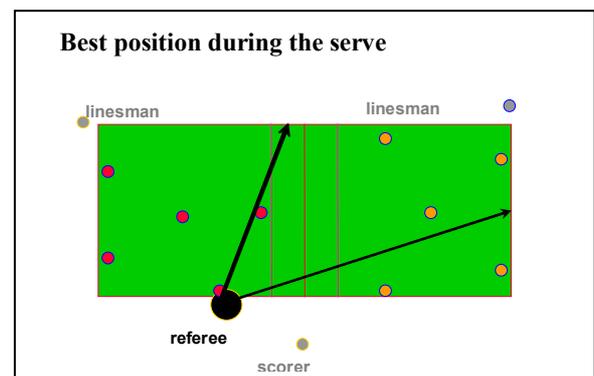
If the spiker stands close to the referee, the referee has to step back as far as necessary.

The negative aspect of this position is that a rapid head movement will be necessary to be able to observe all possible faults.

6.5.3 General recommendations

It is recommended to train these positions.

If there should be obstacles (indoors) individual procedures might be necessary.





In case of uncertainties the observation of the uncertain point must be optimized.

Change-over services are really difficult. It is hard to find out which of the legs touches the ground first. Training as well as observing these spikers at least before the match starts is a necessary preparation prerequisite.

Depending on the power of the serve the movements can be different.

There is a strong probability that the front leg touches the ground first at powerful services. Sometimes the standing leg slips backwards without losing ground contact, it touches the ground = no foot fault!

Intense training activities are necessary to decide this correctly.

7 Return and Pass

7 Return and Pass

7.0 Best Position

7.0.1 Best Return Position

7.0.1.1 Basics

The best way to observe a rally is to stand, to keep the head still and the pupils shall not move, either. That means that the referee has to try to find the best position so that he can observe the critical situations motionless.

7.0.1.2 Normal situation

If blocks need not be taken into consideration, the referee shall choose a position that is 3-5 metres away from the net in the attacking team's direction.

7.0.1.3 Situations close to the net

If a return is expected close to the net, the best position is close to the post (in the attacker's half). Each referee decides for himself which position to take. Sometimes it is advisable to watch the spiker from the opponents' court. This does not refer to block situations.

7.1 How often may a ball be touched?

7.1 Within each half the ball

- may only be hit once by a player,
- may not be hit more often than three times altogether
- may not touch the ground more than once before each blow.

7.1.1 Two players touch the ball simultaneously

7.1.1 If two players of a team hit the ball simultaneously, this is regarded as two blows.



The referee shows this by raising thumb and forefinger and shouts „two blows!“

7.2 Valid Return

7.2 The return of the ball is valid if it is hit across the net (ribbon/string) and touches the ground within the opponent's court-half or touches an opponent inside or outside the court.

If the return touches the ground in the team's own field this is regarded as a fault.

If the return is done across the post this is also regarded as a fault.

If the ball touches the central line, the return is valid. (exception: block)

7.2.1. Return below the net

7.2.1 A ball which enters the opponent's half below the net (ribbon/string) in a direct blow turns into a fault when crossing the central line.

7.2.1.1 Ball in the run-out of the opponent

If the ball is played into the run-out of the opponent outside of the poles, it may be returned directly into the team's own field. (But not across or below the net!)

7.3 A blow across the net in the opponent's half

7.3 A blow in the opponent's half across the net (ribbon/string) from one's own half is permissible.

7.4 Return in the opponent's half

7.4 A team is allowed to return even if the ball which has been hit in the opponent's half or which has touched the ground in the opponent's half has not yet crossed the net (ribbon/string).

A player is allowed to try to hit the ball even in the opponent's half if he does this across the net.

7.5 Return below the net

7.5 The return of a ball below the net (ribbon/string) is permissible if it has bounced from one's own half into the opponent's below the net (ribbon/string) and has not touched the ground yet.

The opponent must not be hindered when doing this.

7.5.1 Return across the net

7.5.1 The return of a ball from the opponent's half into one's own half across the net (ribbon/string) is regarded as a fault.



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A ball that touches the ceiling in the opponent's half and bounces back is regarded as a fault. In case a player catches at the ball above the net – but not in a block situation – and the ball hits the ceiling in the defender's court, the rally continues with two additional ball contacts. If the ball hits the ceiling of the opponents' court, this is regarded as fault.

7.5.2 Ball bouncing into the opponent's half must not be hit by opponent

7.5.2 A ball which has bounced from one's own half into the opponent's must not be hit by the opponents before it has touched the ground. This rule does not apply if the ball has touched the ground in one's own half after the second blow.

If a ball has been hit twice and then bounces into to opponent's half (below the net!) this is regarded as a fault.

7.6 Repetition of the last service after block

7.6 If the ball hits

- the net (ribbon/string),
- the posts,
- the central line
- or if it touches the ground outside the court
- or if it directly crosses the central line below the net (ribbon/string),

immediately after a block, this is not regarded as a fault. The last service is repeated.

Indoors

If the ball touches the ceiling or the wall outside the court, this is not regarded as a fault. The last service is repeated.

Note

A block shall be defined as follows: if both players touch the ball simultaneously or - unnoticed by the referee - in extremely short succession.

7.6.1 3 possible hits after block

7.6.1 Following a block, the team and the blocking player in whose half the ball has touched the ground may still hit the ball three times.

7.6.1.1 Ball may be touched volley after block

The blocking player is allowed to hit the ball volley or after it bounced after the block situation.

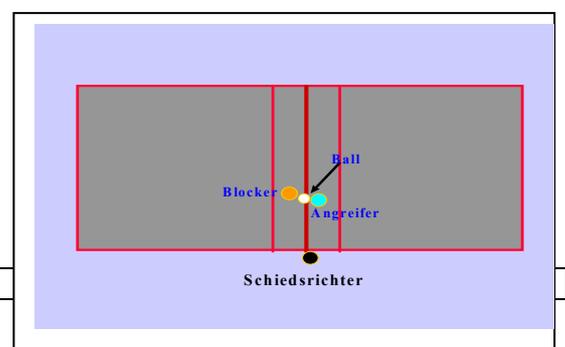
7.6.2 Block, the referee's most difficult task

This means that these situations have to be trained constantly.

7.6.3 Visual Indication

The referee indicates every block situation by raising his arm (fist closed). He may call „block!“

7.6.4 How block situations can be decided best





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7.6.5 Best position

The best position is close to the post. It shall be taken up immediately as soon as a block situation is obvious. The referee should realise this after the ball has left the setter's arm.

attacker
blocking player

7.6.5.1 Movement of eyes

The eyes should concentrate on the legs of the blockers to find out if they cross the central line.

After the blocking players have jumped the referee tries to find out if one of them touches the net during the situation.

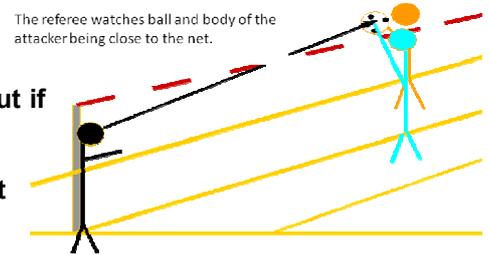
At the same time the referee has to find out if both of them touch the ball simultaneously. This would mean: block.

If the referee realises this, he indicates „block“.

7.6.5.2 Ball touched by one player after the other

If the two players do not touch the ball simultaneously this is not regarded as a block. The referee decides which of the players touches the ball first in order to decide in the upcoming situation.

The better the referee is the earlier he can decide. Listening to „click“ and „clack“ sounds may be useful. The player who touched the ball second is responsible for the next action.



7.7 Volley outside the court

7.7 If the ball has crossed the side line or the base line after a pass or return, it may still be hit as long as it touches the ground. The ball may be passed to another player or returned directly across the net (ribbon/string).

7.8 Obstruction by the opponent

7.8 If one player is obstructed by an opponent, this is regarded as his/her point. If a player is still allowed to hit the ball, he (she) takes precedence and must not be obstructed in the opponent's court-half.

An obstruction is an obstruction even if it happens unintentionally.

7.8.1 Obstruction by others

7.8.1 If a player or a rally is obstructed by spectators, referees or any other barriers within the court or the run out, this is not regarded as a fault. The last service is repeated. Obstructions by members of one's own team, substitutes or coaches are regarded as a fault.

7.8.1.1 Identification of coaches and substitutes before match start

This is why it is necessary to identify the coaches and substitutes. (cf. scoreboard)

If a coach or substitute touches the ball inside the run-out this is regarded as a fault. (exception 4.4)



8 Scoring

8 Scoring

8.1 How to score?

8.1 Each fault counts as a point for the opposing team.

8.2 How to fill in the scoreboard?

8.2 The points won are entered on a score card using Arabic numerals, in sequence.

8.2.1 Example

8.2.1 Example:

A	1		2	3				4	5		6	7			8	9		10	11	A	
B		1			2	3	4	5			6			7	8			9			B

8.2.2 Scoring as a special point of attention

The referee has to ensure that the scorer has a good command of his job.

If there is no score board the scorer tells the referee every change of the score.

9 Referees

9 Referees

9.1 Who is a referee

9.1 Each match is supervised by a referee, who is assisted by two linesmen and one scorer.

Indoors

The member federations may allow two referees for indoor matches.

9.2 Referee Basics

9.2 The referee ensures that the rules are complied with and makes decisions at his own discretion. He may be assisted by the linesman.

His (Her) decisions are undisputable.

Indoors



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If two referees supervise the match, each of them has sole decision on faults seen during the match. He/She is responsible for his/her decisions and may not consult the other referee.

9.2.1 Activities before, during and after match

9.2.1 The referee has to check the court, the balls and the strips. He/She also checks the score card and supervises the drawing of lots prior to the match.

If the match is played within time limits the referee is responsible for timekeeping. The actual timekeeping may be centralized, but the referee stays responsible for his/her court.

If the match organiser forgets to end a match played within time limits, this is done by the referee.

Indoors

If two referees supervise the match, one of them has to check the court, the balls and the strips. He/She also checks the score card and supervises the drawing of lots prior to the match.

Tasks in detail

9.2.1.1 Exclusive Head

The referee is the exclusive head of the match. He decides independently and finally. The referee's decisions are incontestable.

His tasks arise from the IFA rules.

9.2.1.2 Tasks before match start

9.2.1.2.1 Score board, comparison of time, be at venue in good time

The referee should be at the venue 30 minutes prior to the beginning of the match.

He accepts the score board, compares the time if time is taken centrally.

This has to be carried out so well in time that the following tasks can also be carried out:

9.2.1.2.2 Check of balls, court and uniform

The referee checks balls, court and uniforms and sees to it that possible faults are remedied by organizers or captains.

9.2.1.2.3 Check of players'IDs

The referee checks the players'IDs, if this has not been done by the technical delegate.

9.2.1.2.4 Fill in Score board

Sees to the filling in of the players' names in the score board.

The starting five is marked (X). Explanations and substitutes are added later.

9.2.1.2.5 Drawing



5 minutes prior to the match the referee's whistle indicates the teams that match preparation must be completed, so that 3 minutes prior to the match the drawing can be carried out.

He draws the lots together with the teams' captains.

9.2.1.2.6 Coordination with linesmen

The referee coordinates himself with the linesmen. This shall be carried out before the drawing starts. He makes sure that the score board and the public board do not differ.

Linesmen may only be changed during the match if special circumstances occur.

9.2.1.2.7 Referee opens the game

As soon as all preparations have been finished, teams and linesmen are ready, the referee opens the match with a strong whistle.

9.2.2 Actions according to the rules

9.2.2 The referee starts and ends the match and has the right to interrupt it and to discontinue it. He/She indicates interruptions, extra times and points by whistling, shouting or an obvious stepping onto the court.

The duration of the extra time must be announced immediately after the rally (interruption) or the delay.

9.2.2.1 Duties during match

9.2.2.1.1 Neutral Decisions

The referee decides precisely on the basis of his visual perception and shall not be influenced by players, coaches or spectators. His sense of hearing may only confirm his visual perceptions.

The more certain the referee is, the more emphasis he can put on his decision.

There might of course be mistakes made by the referee. A good referee minimizes the number of his mistakes, however. If the referee immediately realises that one of his decisions has been wrong, he can revise his decision.

The most important fact is:

Every fault must be indicated clearly and distinctively by a whistle.

The referee supervises the scorer and scoreboard at regular intervals.

9.2.2.1.2 Safekeeping of balls

He keeps the provided balls which are not in use safely.

The ball that is about to be brought on is situated beside the post. The other balls are assigned to the teams and kept 3-5 metres away from the post.

9.2.3 Announcement of points

9.2.3 Each point and its justification have to be announced aloud. At the same time the referee points in the direction of the team that has won the point.

If the referee decides that the last service has to be repeated he/she points in the direction of both teams.



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The referee supervises the scorer so as to ensure correct scoring and takes care that the score is constantly announced or displayed.

9.2.3.1 Gestures

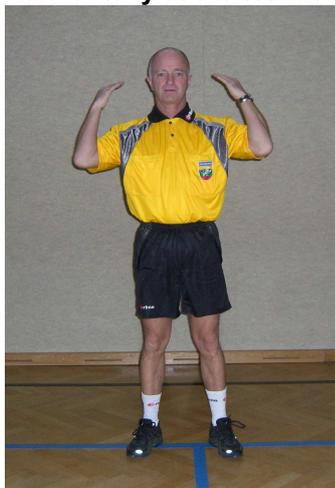
He announces interruptions due to points by a whistle and clearly points in the direction of the team that has gained the point.

Especially when the spectators are loud, gestures are extremely important so that players and spectators can understand the referee's decisions more easily.

The gestures underline the whistle as follows:

1. Out

Both hands are open, facing backwards near the head, arms bended. Then one arm points horizontally at the team that has gained the point.



2. Bodily contact

One hand points at the part of the body the ball has touched. Then one arm points horizontally at the team that has gained the point.





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3. Net

An outstretched arm points at the net, the other arm points horizontally at the team that has gained the point.



4. Foot fault

An outstretched arm points at the service line, the other arm points horizontally at the team that has gained the point.



5. Ball bounced twice

An outstretched arm points at the ground, two fingers open, the other arm points horizontally at the team that has gained the point.





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6. Time out or other interruptions

One bended arm points upwards, the other hand is laid on top of the other hand's finger tips. (time out)



7. Block

One outstretched arm is held in the air vertically. Fist closed.



8. Repetition of the last service

Both arms stretched out horizontally.





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9. Substitution

Both arms circle above the head.



10. Ball was in

If a ball is returned and is closely in, both hands point at the ground.



11. Below the net

If a ball is returned below the net, the referee shows the ball's trajectory with a sloping gesture with the open hand: the other arm points horizontally at the team that gained the point.

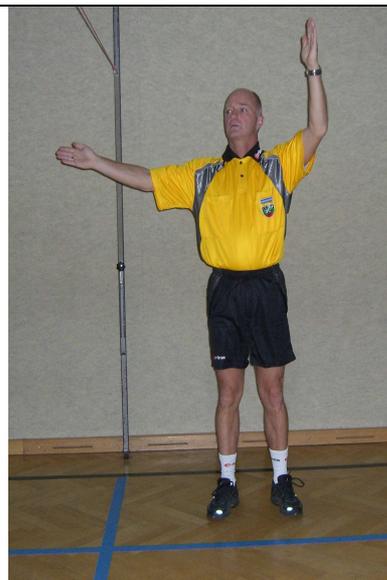




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12. Ceiling

If a ball touches the ceiling, both hands point at the ceiling, hands open. Afterwards, One of the arms points horizontally at the team that has gained the point.



13. Unsporting behaviour

Depending on the gravity of the offence the referee may impose the following penalties:

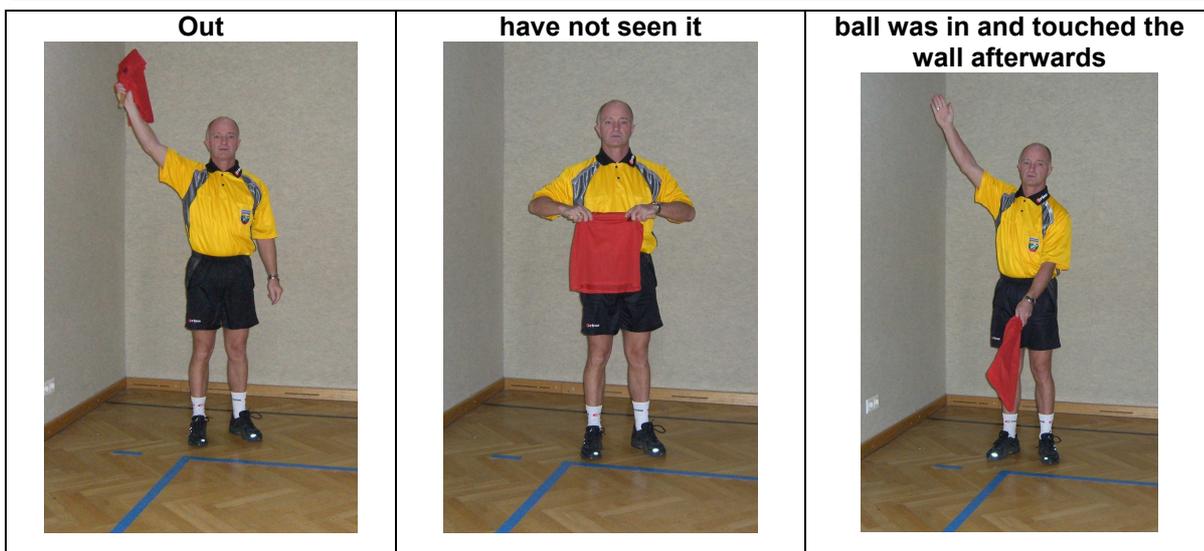
- warning (yellow card)
- time penalty for 10 points (yellow and red card)
- disqualification (red card).



14. Out



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9.2.3.2 Objections

Objections - even those against the referee's decisions - must be noted at the score card immediately.

9.2.3.3 Questions of captains

Questions of captains (coaches at youth events) must be answered. The referee answers short and precisely and does not allow a discussion.

9.2.3.4 Extra Time

Interruptions and delays must be punished by awarding an extra time for them. The referees shall be strict with these delays from the start so that cases of repeated delays will not happen. The amount of extra time must be announced to the teams' captains immediately after this measure has been taken.

9.2.3.5 How to behave in critical situations

Hint 1: If I realize that my decision was wrong, I can take it back, if the rally allows it.

Hint 2: If this is not possible, I try to stay calm, take a deep breath in order to master upcoming situations.

Hint 3: If captains protest against the decision, I tell them that this is what I have seen. I do not allow discussions and am allowed to warn or book them.

If the match gets out of control or if the referee feels threatened, the referee instructs the captains or/and the organizer what to do.

It is the referee's duty to take all measures so that the match can be brought to an ending without problems.

9.2.4 Position

9.2.4 The referee stays outside the court during the match. Exception: see clause 9.2.2.



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This is important because rule 9.2.2 explains that entering the court must be regarded as an interruption.

9.2.5 Duties after match

9.2.5 The referee announces the result after the end of the match.

The referee, the scorer and the two captains have to witness to the correctness of the entries in the score card with their signatures.

9.2.5.1 Result and Farewell

The referee announces the result and opens the floor for the farewell activities. The linesmen accompany him.

9.2.5.2 Check of Score Card

The referee checks the score card, signs it and returns it to the organizer. Apart from the score, the score card must contain the following details:

- a) Half time-, Set- and Final Result (including the winner)
- b) List of players: those having played must be marked
- c) Special Incidents: (objections, warnings, bookings, disqualifications, accidents, severe injuries, ...)

9.3 Linesmen

The linesmen stand at the corner points of the sidelines opposite the referee. They help the referee supervise the match and indicate when a ball touches the ground outside the lines through raising a flag or arm.

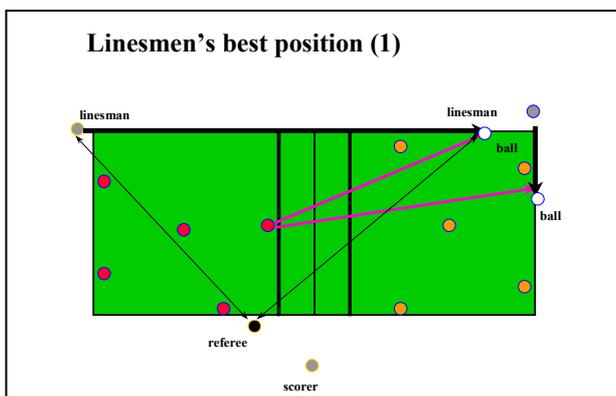
9.3.1 Position

The position at the side lines changes during the rallies.

The linesman who is positioned in the half of the serving or returning player watches the sideline. He shall move towards the central line, but just as far so that he can return to the baseline in time before the next return.

The other linesman is positioned at the lengthening of the base line and watches the base line.

They change their positions according to the situation within the rallies.



„Out“: Flag is raised vertically. Balls which are in, are indicated by both outstretched arms pointing at the ground and court.

If the linesman cannot decide if the ball was in or out, he shows this by holding the flag horizontally in front of his body.

9.3.1.1 Continuous change of position during the rally

The position changes continuously during rallies.

The linesman who is positioned in the half of the serving or returning player watches the sideline.

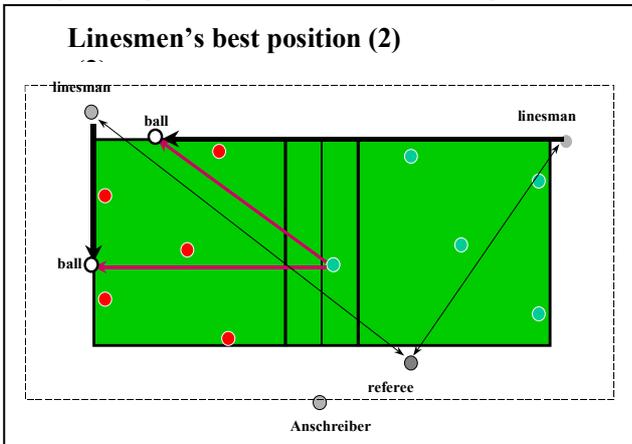


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He shall move towards the central line, but just as far so that he can return to the baseline in time before the next return.

The other linesman is positioned at the lengthening of the base line and watches the base line.

They change their positions according to the situation within the rallies. (2)



„Out“: Flag is raised vertically. Balls which are in are indicated by both outstretched arms pointing at the ground and court. His colleague confirms this decision by doing the same. He must never be the first to react.

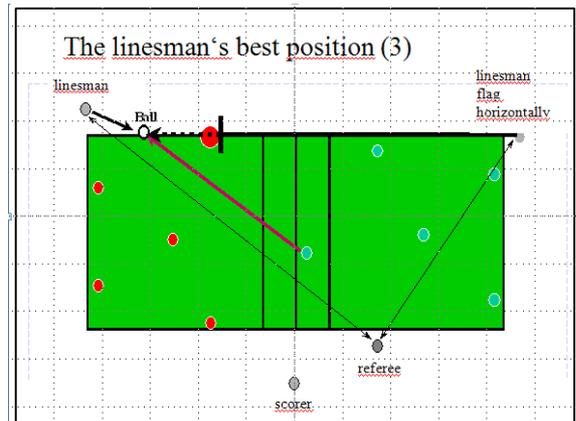
Balls which are in are indicated by both outstretched arms pointing at the ground and court. If the secondary linesman realises an obvious mistake of his colleague, he can show this to the referee.

If the linesman cannot decide if the ball was in or out, he shows this by holding the flag horizontally in front of his body. (3)

This means that his colleague takes the responsibility. If he cannot decide either, he shows this by holding the flag horizontally in front of his body. Then the referee takes the responsibility.

Specific characteristic for games played indoors or the opponent's bodily contact:

If a ball is in and then touches the wall, or if the ball is out and is touched volley by a player, the linesman points at the court with his flag and raises the other arm vertically.



9.4 Scorer

9.4 The scorer stands close to the referee and scores the points for both teams following the referee's gesture. The scorer is also responsible for every additional entry in the scorecard.

There is no other person at the the scorer's desk than the scorer and the person responsible for the scoreboard. No alcoholic beverages are allowed there.

10 Penalties

10 Penalties

10.1 Unsporting Behaviour

10.1 The referee has the right to punish unsportsman-like behaviour in the following way according to the severity of the offence:

- caution (yellow card)



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- time penalty until both teams together have won 10 points (yellow and red card)
- disqualification (red card)

If the referee is not equipped with his cards by mistake, a warning and disqualification can also be carried out without card. Every punishment can be carried out as long as the scorecard is filled completely and signed. Later offences can be reported to the commission in charge.

10.1.0 How to react to unsporting behaviour

It is the referee's duty to give a warning to the players or coaches if they behave unsportingly. In more severe or repeated cases he has to disqualify them from the match. These measures have to be taken after careful consideration.

Possible consequences must also be taken into consideration.

There are consequences for a yellow and red card during the match and for a red card also after the match.

10.1.0.1 Examples for unsporting behaviour

Depending on the severity of the offence, the consequences for unsporting behaviour can be as follows:

- **Caution** (yellow card)
- **Time Penalty** (yellow-red >>> for a period of 10 points)
- **Disqualification** (red card)

Non-playing players and coaches can also be warned or disqualified.

„Caution“ shall be applied to the following offences

(present score, name of the player and reason for caution to be filled in the score board!)

- ◆ **Delaying tactics**
Delayed returning of the ball to the player who is to serve
>>>>> The team is booked, further delaying strategies mean point for opponent (cf 6.4)
>>>>> The captain is booked, if more than one player is concerned.
(This yellow card is not personal, which means that the captain's next offence does not have to mean a yellow/red card for him.) Kicking away the ball or throwing it high up in the air.
- ◆ **Swearing at** team-mates, opponents or spectators
- ◆ **Loud emotional outbursts** (even against oneself) (swearwords, kicking things, ...)
- ◆ **Criticizing the referees**

- ◆ **Unsporting behaviour**, e.g. moistening the ball, derision of the opponent, verbal attacks, insinuations, extremely slow returning, turning one's back on the opponent, disturbing the service, team's internal quarrelling, or the like
- ◆ intentional **unsporting behaviour at block situations** (incl. disturbing by means of gestures)
- ◆ **Improper Behaviour towards referees**
>>>>> Urging the referees
>>>>> Excitement because of referee's decisions, above all if not captain
>>>>> Forceful manner towards the referee, even if captain
- ◆ **Service behind the opponent's back**



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Time Penalty - yellow/red card

„If a player is disqualified for 10 points, the present score and the reason for the disqualification must be filled into the score board by the referee. The player must not be substituted. In case another player is disqualified during this period, the game must be abandoned.“

This time penalty can also reach into the next set!

- ◆ Assaulting (= abusing, assault of players, spectators, referees, organizers, ...)
- ◆ grievously unsporting behaviour (e.g. criticising the referee in an offending way, threats, insulting the referee (even through gestures)
- ◆ repeated offences listed in „caution“

Disqualification - red card

- ◆ dangerous play ((attempt of) injury caused by culpable negligence, even towards team mates)
- ◆ grievous assault on the referees
- ◆ spitting at persons
>>>> can lead to abandonment of the match!

Spectators disturbing the match are reprimanded by the referee and must be removed from the venue by the organizers.

10.1.1 Suspended Players

10.1.1 A suspended player may not be replaced during the time of the time penalty.

If the team that received the time penalty does not have the right to serve after the rally following the time penalty, the referee interrupts the match in order to enable the team to complete according to clause 2.1.2 paragraph 3.

If during a time penalty a second player is suspended or disqualified, the match has to be abandoned.

Time penalties shall be marked at the score board. (after the next ten empty boxes)

10.1.2 Disqualified Players

10.1.2 A player who has been disqualified may not be replaced in the same match.

10.1.3 Trainer and manager may be penalized for unsportsman-like behaviour by caution (yellow card) or disqualification (red card).

They must be sent to the stand and must not return during the match.

10.2 Delaying tactics

10.2 The referee cautions the team at the first sign of delaying tactics (clauses 2.1.3 or 6.4). The caution is announced to the team's captain.

Before rule 6.4 is put into force, a caution (captain) must be pronounced.

Prior to the caution the referee should normally admonish the players („PLAY!“)

The players are admonished, if they need much more time for the preparation for their services or if they exceed the time limit of 10 seconds repeatedly.



10.2.1 Additional Delaying tactics

10.2.1 All further delaying tactics are punished by a point for the opponent. (punishment ball)

This measure can only be carried out if 10.2 applies.

If admonishing should not be fruitful, the player must be booked. The extra time must be announced immediately at games with time limit. The extra time is added to the present half.

After this admonition, rule 10.2.1 is applied.

10.2.2 Extra time

10.2.2 In a match with time limits the sum of all delays has to be added as extra time.

10.2. 2.1 The extra time must be interpreted narrowly

The extra time must be interpreted narrowly and must be added to the present half. Intentional delaying tactics must be punished by means of extra time. Nipping intentional delaying in the bud prevents the players from repetition.

The amount of the extra time must be announced to the teams' captains immediately.