



# X-THROW THROWBALL

**Venue:** Backfield

**Participants:** 10

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- The tournament is an event only for girls.
- Each team should consist of a minimum of 10 and a maximum of 12 players. A substitution can be made only when the ball is not in play.
- Rotation is compulsory.
- Service is within five seconds after the referee's whistle. A player cannot jump while serving the ball. Double touch is not allowed when receiving the service ball, and players stay in the 3-3 position during the serve.
- The ball is thrown within three seconds of being caught, only from above the shoulder line and with one hand. A player can jump while throwing the ball, and the player should contact the ground while receiving it.
- The ball should not touch any part of the body other than the palm when catching or throwing. A team may touch the ball three times to deliver it into the opposite field (i.e. after two passes the third ball must be played [thrown or smashed] into the opposite field).
- The referees' decision is final and binding.
- In case of any discrepancies, the decision of the organizing committee will be final.