



RULES OF THE GAME OF CAPTAIN BALL

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“Be wise in the way you act toward outsiders; make the most of every opportunity. Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone.”

—Colossians 4:5–6

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IMPORTANT

It is the responsibility of Team Managers to inform Players of these rules and regulations. The committee members of Copa IBA strongly urge each Player to read through the Rules and Regulations carefully. This is to avoid unnecessary misunderstanding and confusion and to help promote a healthy sports fellowship.



Preliminaries

1. Teams must be on the Court ready to play 5-minutes before game time. This is to ensure that the Tournament runs smoothly.
2. It is the **Team Manager's responsibility** to get their Teams at the correct Court and on time. Refer to the Tournament Program and listen to the Coordinator's announcements.
3. **Only the Team Captain is allowed** to consult and assist the Referees during the game.
4. The **Referee's decision is FINAL** in all matters related to the Game.
5. The **Assistant Referee's role** is to keep a record of Yellow and Red Card Bookings, and substitution of Players. He/She is to assist the Referee when consulted. He/She should raise the flag to alert the Main Referee on the fouls committed on his/her side of the court. Only the Main Referee blows the whistle and makes the call.
6. **Substitution can be done at any time during the Game** only on approval by the Assistant Referee. The substituted player must come out first before the substitute can go in. Should a Player be substituted without approval, a penalty throw will be awarded to the opposing team. The penalty throw can be taken by any player.
7. **Time continues to run**, unless directed by the Referee or when unforeseen circumstances occur (e.g. injuries where time is needed to remove injured Player off the Court, equipment failure, or the Referee needs to consult the Assistant Referee on any matter). In such cases, the Referee will use his discretion about playing extra time.
8. No Time-Out for Team discussion will be allowed.
9. Players are required to wear proper sports attire. This includes removal of rings, watches and other accessories which may injure another player.
10. **The number of Players on the Court** at any time during play shall be no more than **9**, with a maximum of **3 male players**.
11. The recommended court size for game play is 14m (46 feet) × 20m (66 feet).



The Game Play

1. GOAL

- 1.1 The Catcher must catch/hold the Ball with both hands while remaining on the Stool for **3 seconds**. Wait for the Referee's whistle to confirm the point before passing the ball to the Defender to start play.
- 1.2 The Ball must be released from the Shooter's hands to the Catcher (no direct passing).
- 1.3 If the Catcher is unable to hold onto the Ball, he can throw the Ball back onto Court for play to continue.
- 1.4 Scored by a male Shooter: **1 point**, scored by a female Shooter: **2 points**.
- 1.5 In circumstances where the **Goal** is scored by the Defending Player, the **Point** is awarded according to the gender of the Defending Player who had the last touch.

2. ATTACKING

- 2.1 The Catcher must be on the Stool at all times. Jumping is allowed. But the Catcher is not allowed to go down from the stool and participate in open play.
- 2.2 **Attacking Players cannot** be in the Defender's Box at any time. If Attacking Players set foot in the Defender's Box, the Defender is given possession of the Ball immediately.
- 2.3 **Attacking Players cannot** step behind the Back Line to score.
- 2.4 Attacking Players can jump from inside the Court and land outside the Court to score but the Ball must leave their hands before they land.
- 2.5 During play, if the Ball is played out of the Court behind the Catcher, the Defender serves the Ball back into play, immaterial of whether it was hit out by the Defending Team or the Attacking Team.
- 2.6 If a deliberate throw/stepping out by the Defender is made by the Defending Team to put the ball out of play behind the Backline, the Opposing Team will be given a throw-in from the corner of the Court.
- 2.7 If the Ball is played out of the Court in any other part of the Sidelines, the Opposing Team serves the Ball back into play at the Sidelines.



- 2.8 **A Penalty Throw** is awarded also when a Defensive Foul is committed on the Shooter. The Penalty Throw is taken with only one Defender in the Defender's Box.
- 2.9 Players are allowed to fake in a **Penalty Throw**. However, the **Penalty Throw** must be taken within 5 seconds.
- 2.10 The **Penalty Throw** is taken from the **Penalty Spot**, which is **3 metres (10 feet)** away from the stool.

3. DEFENDING

- 3.1 There is a **Defender's Box** (3 feet radius) in front of the Catcher's Stool.
- 3.2 **Only 1 player** of the Defending Team is allowed to be in the Defender's Box at any one time.
- 3.3 Defending Players must remain in Court at all times to defend.
- 3.4 **Defending Players cannot** go behind the Back Line and the Catcher to defend. The Referee has sole discretion to award a penalty throw to Attacking Team upon such repeated actions by Defending Players.
- 3.5 Defending Players can jump from inside the Court and land outside the Court to defend.
- 3.6 **Defending Players cannot** touch/push the Catcher. The Referee has sole discretion to award a penalty throw upon such actions by a Defending Player.
- 3.7 If the Catcher jumps (with both legs off the Stool) while contesting for the Ball with the Defender, normal Game Rule is applied and it is upon the discretion of the Referee to issue a foul upon any contact made.
- 3.8 Defending Players can only tap the Ball away from the Catcher if the Catcher does not catch the Ball with 2 hands.
- 3.9 To start play, the Defender must throw the ball from behind the Back Line. The Catcher is not allowed to take the Ball away from the Defender even if the Defender holds the Ball with one hand.
- 3.10 If the Ball is played out of the Court in any other part of the Sidelines, the Opposing Team serves the Ball at the Sidelines.



3.11 A Defensive Foul includes:

- i) When the Ball is swatted away from the hands of the Shooter before the Ball leaves his/her hands.
- ii) When Defending Players hit the hand/s of the Shooter.
- iii) When Defending Players take away the Ball while the Attacking Player is still holding the Ball with both hands.
- iv) When Defending Players make body contact on the Shooter.
- v) Undue rough play toward another Player—pushing, kicking.
- vi) Blocking another Player off the Ball.
- vii) Verbal abuse towards other Players or Referee.

3.12 **A Penalty Throw** is awarded also when a Defensive Foul is committed on the Catcher. The player who took the shot preceding the foul will take the penalty and scoring points according to gender applies. The Penalty Throw is taken with only one Defender in the Defender's Box. There shall be no rebound and the game resumes with the blocker.

4. SOFT FOULS

For any other “Soft Fouls” committed on the Court, the Opposing Team will serve the Ball at the position the Foul was committed. Such fouls may include:

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4.1 A Walking Foul

- i) Players cannot run or walk with the Ball.
- ii) If Players are running to catch the Ball, they can only take 1 step after catching hold of the Ball.
- iii) Players in a stationary position with the Ball can only move 1 step while the other foot is in the same position (pivot foot). Players cannot change pivot foot.

4.2 A Holding Foul

- i) Players cannot hold possession of the Ball for more than 5 seconds.

4.3 A Travelling Foul

- i) Players with the Ball cannot jump and then land with the Ball still in their hands.
- ii) Once a Player jumps (both feet leave the ground), the Ball must be released (whether a pass or a score).
- iii) A Player who jumps in mid-air to catch the Ball and land can jump again.

4.4 An Obstruction Foul

- i) Players without the Ball cannot hinder the movement of Players with the Ball.
- ii) Body contact is not allowed.



- iii) Defending Players cannot stand too close to Opposing Players who are holding the Ball. The minimum space is 2 feet.
- iv) Players cannot swat the Ball away from a Player who is holding the Ball with 2 hands. The Ball can only be stolen/tapped away when the Player is holding the Ball with only 1 hand.
- v) Players can intercept the Ball before it reaches another Player's hands or if the Player loses the Ball or does not hold it properly.

4.5 **A Charging Foul**

- i) Players with the Ball cannot perform a body charge on another Player.

4.6 **A Bouncing/Rolling/Tapping Foul**

- i) While moving, Players cannot bounce the Ball (dribbling), or continuously roll the Ball on the ground, or continuously tap the Ball in the air.
- ii) Players can bounce, roll, or tap the Ball to pass to another Player.
- iii) Players cannot deliberately drop, bounce (even bouncing off the body), or tap the Ball in order to get a better grip on the Ball, or to get into a better position, or to shoot.

4.7 **A Kicking Foul**

- i) Players cannot deliberately use their legs to play the Ball (e.g. kicking, stopping or catching with legs). However, if the Ball does touch/hit a Player's legs accidentally, the onus is on the Referee to continue play.

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4.8 **A Spiking Foul**

- i) Players cannot "spike" the Ball. Warning will be given and Player sent off the field if the Player keeps repeating the same foul.
- ii) Though it is a volleyball that is used in Captain Ball, Players can only tap the Ball away, this includes Defenders.

4.9 **A Half-Court Foul**

- i) The Defender cannot throw the Ball past the Half-Court Line on "serving the Ball" back into play.
- ii) If this foul occurs, the Opposing Team serves the Ball at the Half-Court Sidelines.

5. **PLAYER PENALTIES—'WARNINGS'**

5.1 The Referee has the sole discretion to give a 'Warning' to any Player regarding any additional penalty for the abovementioned Fouls.

5.2 The following offences warrant a 'Warning' / Yellow card / Red card:



- i) Unbecoming attitudes shown by Players.
- ii) Swearing or cursing without foul language which is an unbecoming attitude.
- iii) Profanity / Foul language.
- iv) Rough Play.
- v) Throwing or kicking the Ball at Players or Referee to intentionally hurt them.
- vi) Dangerous plays which might hurt Players.

3.13 After giving the first warning, the **Referee** should suggest to the **Manager** to substitute the **Player** out.

5.1 A Red card will be issued to the player who collects 2 yellow cards in the same game.

5.2 If the player is awarded the Red card, he/she will be expelled from the current game and is also suspended from playing the next game.

6. ACTS OF JUSTICE

6.1 **Acts of Justice meted out by the Referee would be subject to the Referee's grace and mercy because grace and mercy smoothes the wrinkled brow of justice.**



Additional Rules

1. No direct passing between Players throughout the whole Game.
2. In any occasion when the Ball hits the Referee, the Game goes on as usual.
3. The Ball is only considered out of Play once the Ball touches the ground (or objects outside the Line), or in contact with Players standing outside the Line (including a jumping Player whose starting point of his/her jump is outside the Line). The Ball is still in Play if a Player managed to put the Ball back into the Court before it touches the ground (or the jumping Player whose starting point of his/her jump is inside/on the line).
4. When starting the Ball:
 - i) The Referee throws the Ball up in the air.
 - ii) The Players jumping for the Ball must be two feet away from the Centre Point.
 - iii) The Players jumping for the Ball can be anyone from the Team.
 - iv) The Player can catch or tap the Ball when contesting for the Start Ball.
5. Every start of the Ball after a foul or a throw-in is indirect (not a shot to the Catcher).



EDITION NOTES

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