



THE RULES OF THE GAME

Field marks:

The court is divided into 2 equal halves by a continuous line called the half-way line. Inside each half of the field there are 2 additional lines:

A line at 120 cm. from the half-way line delineates the "contact area".

A line at 100 cm. from the goal line delineates the "throw-in area".

1. Each match is played between two teams made up of 2 players each and 1 or 2 reserve players; reserve players are substituted only at the beginning of a set or in case of an injury.
2. Each match consists of the best of 3 sets, with the winner of each set being the first team to score 7 goals.
3. Each team is made up of a forward and a back, who are appointed at the beginning of the match. At the end of each set the roles have to be reversed; it is not possible to change roles during the set.
4. The forward may move on the whole field except for

the opposite throw-in area; the back may not cross the half-way line, unless he spots the ball in his own "contact area". In this case, he may move even inside the opposite "contact area".

5. The draw will decide who begins the match. When a goal is scored, the team who has scored the goal does the throw-in. The ball has to be put in the throw-in area and must be kicked by the back; at the moment of the throw, all players will have to be in their throw-in area; hence, the kick is valid only if the ball crosses the half-way line.
6. When a player makes one of the following fouls...
Crosses the opposing team's throw-in area, if forward
Crosses the half-way line, if defender (unless he spots the ball in his own contact area)
Raises a leg over the waist
Stops the ball
Goes in from the back or glides, even on the ball, or puts a knee or a hand on the ground
Plays the ball in his own defender box for more than 7 seconds;
Constantly lowers his shoulders below the crossbar line of the goal (this is only allowed when the opposite team is shooting to score)... the opposing team is granted a free throw from the half-way line; the free throw is always kicked by the forward. The opposite back may defend his goal staying in front of the throw-in line with his heels on the line itself. The other players have to stay behind the one who kicks.
7. When a player makes one of the following fouls...
Involuntarily touches the ball with his hand
Voluntarily makes a dangerous foul...the opposite team is granted a penalty from the line that ends the central area, with the same rules as for a foul described above.

**8. When a player makes one of the following fouls...
Voluntarily touches the ball with the hands;Involuntarily touches the ball that's entering the goal with his hands;Makes a flagrant foul ... the opposite team kicks until a goal is scored (up to 3 penalty kicks). Following:**

9. A yellow Card = 1 goal for the opposite team

10. A Red Card = 1 winning set for the opposite team; if there is not a reserve player, the match is lost.

FAIR PLAY SPECIFICATIONS

11.In the court, players are not allowed to shout or clap hands to call the ball.

12. The players will have to control their physical strength.