

Fistball - Rules of the Game
Valid as for 1 April 2023

Context:

Dear Fistball Communities,

Bellow you can see the adjustments and changes we are doing for the fistball rules. Some of them are basically a process of “clarification” of the writing and don’t mean change of the rule properly (**green**). Some are changes regarding needs identifying in the competitions and with the “actors” involved (**orange**).

Subtitle:

Green – Only clarification for something already exist or it is already practiced.

Orange – Changes for the rule.

Important to reinforce that these changes are the result of a process with many “actors”. Its processes started with research made with the teams and coaches in the WC 2019 in Winterthur, conversation with Athletes Commission and many analysis meeting by the IFA Referee Commission.

Thank You,

Gastão Englert
Sports Commission Director

Alwin Oberkersch
Head of Referee Commission

Items of the fistball rule:

Old version	NEW Version	Explanation
1.1.3 The lines must be between 8 centimeters (5 centimeters at indoor matches) and 12 centimeters wide.	1.1.3 The lines must be between 10 centimeters (5 centimeters for indoor matches) and 15 centimeters wide.	Better visibility to the players and especially to the TV production.
1.2 (...) 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 meters is regarded as a fault.	1.2 (...) The lengthening of the net (ribbon/string) is regarded as anchoring; contacts by players with this lengthening are therefore not faults, whereas the contact by the ball or a player with those parts of the posts that are higher than 2 meters is regarded as a fault.	The game shouldn’t go on if the ball touches the anchoring. Word “ball” was removed.
1.3 Spectators, neighboring courts and other barriers must be at least 6 meters away from the side-lines and 8 meters away from the baselines. The run out must be clearly marked by a dashed line.	1.3 Spectators, neighboring courts and other barriers must be at least 6 meters away from both the sidelines and the baselines. The run out must be clearly marked by a dashed line.	Decrease the measurement of the court in 4 meters without any change of the meaning of the match.

<p>1.4 (...) During the whole match the ball must satisfy the following requirements: Weight: - 360 g +/- 10 g (male). - 330 g +/- 10 g (females). - circumference 65 – 68 centimeters - air pressure 0.55 - 0.70 bar</p>	<p>1.4 (...) During the whole match the ball must satisfy the requirements stated in the annex.</p>	<p>Data only in annex for a better overview.</p>
<p>1.5 Before the match begins, both team captains draw lots supervised by the referee. The winner either chooses the end or the service. The other captain decides the remaining possibility.</p>	<p>1.5 Before the match begins, both team captains draw lots supervised by the referee. The winner either chooses: - the side or - which team has the first service (“defend” or “service”). The other captain decides out of the remaining possibility. The serving team always chooses all balls submitted by one of the teams for the first set.</p>	<p>Toss coin (draw): the one who loses the draw also has something to choose.</p>
<p>1.6.3 The referee can put another ball, which has been tested prior to the start of play, into play if the ball in play is not returned immediately, gets lost or becomes unplayable or does not conform to the requirements. 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. 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. 1.6.5 If a team accepts the opponent's ball, it has by default accepted the opponent's other provided balls. 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.</p>	<p>1.6.3 The referee decides which ball out of the selected balls chosen by the team is to be played. 1.6.4 If none of the teams’ selected balls are available, the opponent’s submitted balls will be used. As soon as at least one of the selected balls is available, it is returned to the game before the next service.</p>	<p>Ball management: clarification.</p>
<p>1.7 The IFF can license or prescribe certain types of balls, nets, ribbons, or strings for international competitions.</p>	<p>1.7 The IFA can license or prescribe certain types of balls, nets, ribbons, or strings for international competitions.</p>	<p>Editorial.</p>
<p>2.3 Each team has to wear a strip of uniform, shape and color. (...) 2.3.3 Spikes are forbidden.</p>	<p>2.3 Each team must wear a uniform of the same base design and color. The uniform consists of a Jersey, shorts, and socks. (...) 2.3.3 Metal spikes are prohibited. Shoes and protection equipment (e.g., compression socks, compression pants, knee/ankle/elbow/head, etc) are not regulated.</p>	<p>Clarification.</p>
<p>3.1.3 Following the end of a set, a change of ends, choice of ball and a service change are made.</p>	<p>3.1.3 Following the end of the first set, the choice of balls changes to the other team. Following the end of every set, change of side and first service are made.</p>	<p>Clarification.</p>

	<p>3.1.4 Should a decisive set be required, lots are drawn again. As soon as one team wins 6 points, a change of ends, choice of ball and a service change are made.</p>	<p>3.1.4 Should a decisive set be required; lots are drawn again. As soon as one team wins 6 points, a change of side, choice of the submitted balls that will be used, and a service change are made.</p>	<p>Clarification.</p>
	<p>3.1.5 The break between the sets must not exceed two minutes. After every 4 sets a break not longer than 10 minutes can be held.</p>	<p>3.1.5 The break between the sets must not exceed 90 seconds.</p>	<p>Less breaks in the game.</p>
	<p>3.3 The playing time is not more than two times fifteen minutes. The break must not exceed two minutes. Lost 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.</p>	<p>3.3 The playing time is not more than two times fifteen minutes. The break must not exceed 90 seconds. Lost 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 side, choice of balls that will be used and service change are made.</p>	<p>Refers to 3.1.5</p>
	<p>3.3.1 (...) The break between these extra times must not exceed two minutes. During the extra times there is no break.</p>	<p>3.3.1 (...) The break between these extra times must not exceed 90 seconds. During the extra times there is no break.</p>	<p>Refers to 3.1.5</p>
	<p>4.5 It is regarded as a fault if a player enters the opponent's half without good reason.</p>	<p>4.5 It is regarded as a fault if a player enters the opponent's half during a rally without being directly involved in the rally.</p>	<p>Clarification of "good reason".</p>
	<p>6.3.3 (...) The person serving may straddle across service or sideline with one leg (...).</p>	<p>Remove.</p>	<p>Clarification.</p>
	<p>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.</p>	<p>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, that player takes precedence and must not be obstructed in the opponent's court-half. 7.8.1 If the hindrance occurs unintentionally and through no fault of one's own (unavoidable due to the course of the game), it leads to a repetition of the last point.</p>	<p>Not to punish players without any intention to disturb.</p>
	<p>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.</p>	<p>9.1 Each match is supervised by at least one referee, being assisted by two linesmen and one scorer. A Video Assistant Referee "VAR" can be used. All video reviews will be initiated by the head referee and managed by a video referee. Note: Further regulations in which more referees are used are defined in the "Competition Regulations". Their responsibilities are defined in the "IFA Referee Order".</p>	<p>Number of referees: Open the possibility to have more referees. Makes the rules ready for the chance to use VAR (video assistant referee) as well.</p>

Information about rule 2.2.1 – regarding Captain

Bellow you can see the proposal of change in the rule 2.2.1 referring to the permanence of the captain in the field.

This specific proposal of change will be tested in the 2023 World Tour Finals as testing event.

Based on the results obtained, if they prove to be positive, they will officially be introduced in the year 2024.

<p>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.</p>	<p>2.2.1 The appointed captain must always be one of the five players on the court. A captain leaving the court, hands the armband over to the newly appointed captain. The team substituting can appoint a new captain during every substitution.</p>	<p>Avoid a substituted captain has to leave the bench. 6 players on the field (runout). Captain on the field: make it possible the substituted captain to become captain again when he/she come back to the field.</p>
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NEW since 01.04.2023							
Age Group *)	Court (m)	Net height (m)	Ball weight (g)	Ball contacts	Air pressure (bars)	Number of players	service line
Male: U18, U21, Men, Masters	50x20	2,00	350 +/- 10	3	0.55 - 0.7	5	3m
Female: U18, U21, Women, Masters	50x20	1,90	320 +/- 10	3	0.55 - 0.7	5	3m
U16 m	50x20	2,00	320 +/- 10	3	0.55 - 0.7	5	3m
U16 f	50x20	1,90	320 +/- 10	3	0.55 - 0.7	5	3m
U14 m/f	40x20	1,80	290 +/- 10	3	0.55 - 0.7	5	3m
U12 m/f	28x15 ***)	1,60	260 +/- 10	3/4 **)	0.3 - 0.5	3-5 **)	3m
U10 m/f	18x9 ***)	1,50	240 +/-10	3/4 **)	0.2 - 0.3	3-5 **)	3m
U8 m/f	12x6 ***)	1,30	220 +/-10	3/4 **)	0.2- 0.3	3-5 **)	2m

*) according to the competition rules (IFCR), clause 4.1.3

**) to be decided by member federation

***) proposal of IFA. Member Federations can use alternate dimensions if needed

Meaning of Asterisks:

Member federations can only decide about court size, ball contacts and number of players – not about height of the net, ball weight, air pressure and service line.