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Tossball rules and regulations

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Abstract

The aim of this study is to establish the new game of Tossball and its rules and regulations. Tossball is played in rectangular court. It is divided into two equal halves. Service ball bouncing area, Return ball bouncing area, half circle, quarter circles are drawn in the defense court. Service box, corner boxes and safety circle are drawn in the service court. The game Tossball is a team sport in which two teams of nine players each. Only seven players take the field for a match, Two substitutes are in a team. In reality Tossball is actually a relatively easy sport to follow and enjoy. The game will be started by tossing the coin whether serving/fielding. A match consists of two innings. An inning consists of serving and fielding turns of 10 minutes each. Points are made on every player reached to the fourth corner box successfully. The team that scores more points wins.

Keywords: Serving, catching, passing, eye and hand co-ordination, running speed and match performance

Introduction

Physical activity is as natural and essential to human body as the basic needs. Whether one is awake or asleep muscular contraction permits one's lungs to breath, hearts to beat, eyes to move and body to turn. Movement of the part of the whole body is the primary function of the human muscular system but because to system operates independently movements also involves the skeletal, nervous, circulatory and respiratory systems. These systems supports muscular movement and conversely physical activity contributes to their effective functioning and wellbeing (Karry J:1976).

The purpose of the study will be "A study of skill test and actual match performance of Tossball players."

The game Tossball is a team sport in which two teams of seven players each. Hitting a ball using their hands with the aim of landing it in to the service ball landing area.

Points are made on every player reached to the 4th corner box successfully.

The object of the game is to hit the ball into the service ball landing area. So that the defenders can receive the ball and pass it to the corner box to make the server out.

In reality Tossball is actually a relatively easy sport to follow and enjoy.

The game of Tossball involves techniques of hitting, catching, passing and running.

The game develops eye and hand co-ordination.

It develops the Arm power.

It increases the Running speed.

It increases the stamina.

A match consists of two periods of 20 minutes, and the team that scores more points wins.

Tossball

Rules and Regulations of the Game

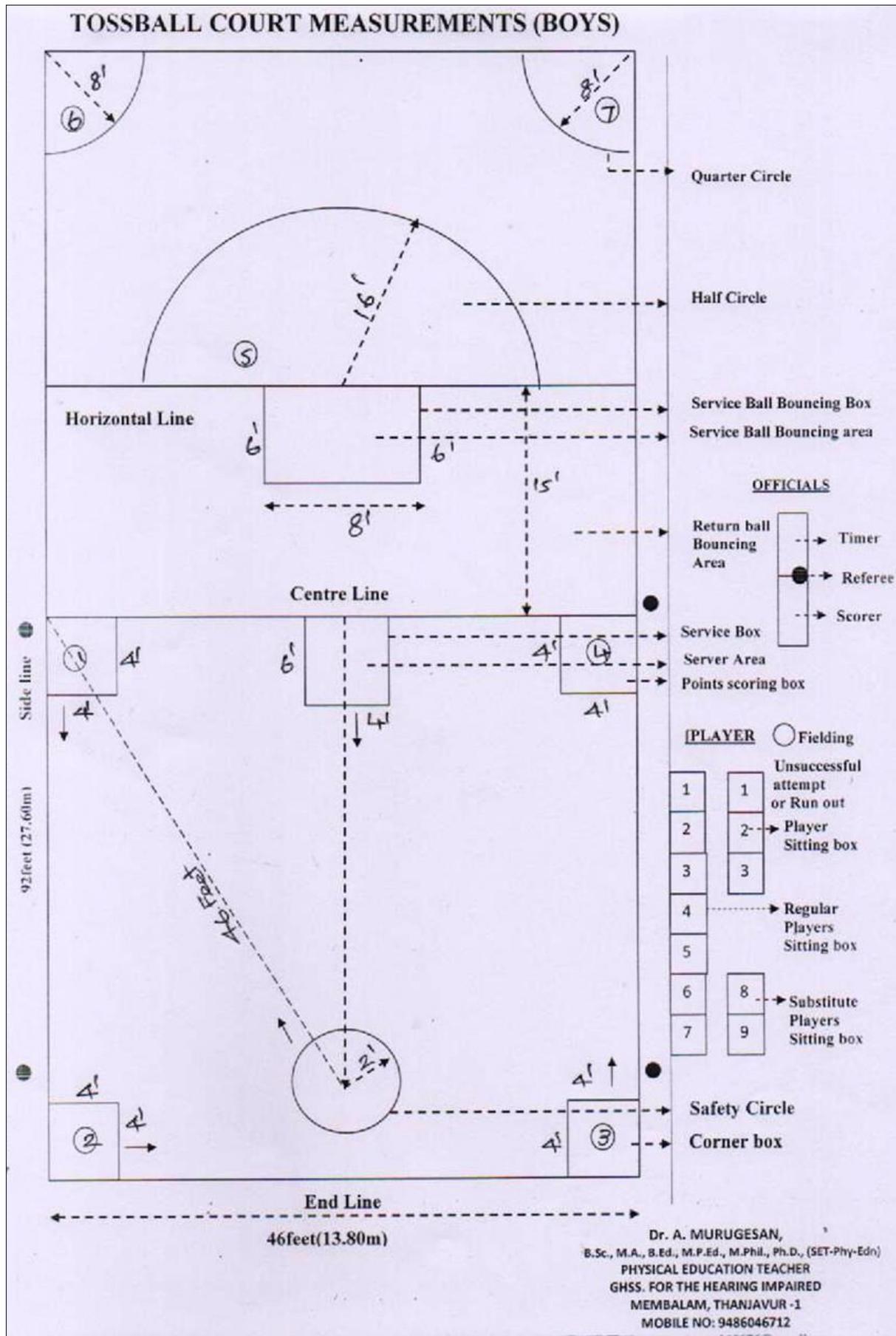
Court

Rectangular Court 92feet x 46 feet (27.60m x 13.80m)/It is divided into two equal halves 46 feet x 46 feet (13.80m x 13.80m) such as Service Court and Defence Court

Service Box

In the service court 6 feet x 4 feet (1.80m x 1.20m) measurement is drawn near the middle of the centre line is called Service Box.

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Tossball court measurement (Boys)

Corner Boxes

In the service court 4 feet x 4 feet (1.20m x 1.20m) measurements are drawn in four corners of the service court is called Corner Boxes.

Safety Circle

In the service court dotted line is drawn from the centre point of the centre line towards the end line. 46 feet measurement taken from the 1st corner box and make an arc in the dotted

line. 2 feet radius is drawn from the connected point is called Safety Circle.

Service ball bouncing area

In the defence court 15 feet (4.50m) horizontal line is drawn from the centre line. Below the centre point of the horizontal line 8 feet x 6feet (2.40 x 1.80m) box is drawn, it is extended towards the centre line is called service ball bouncing area.

Return Ball Bouncing Area

In the defence court the area 46feet x15 feet (13.80m x 4.50m) in between the centre line and the horizontal line except the service ball bouncing box is called return ball bouncing area.

Half Circle

In the defence court 16 feet (4.80m) radius is drawn in the centre in the horizontal line is called Half Circle.

Quarter Circles

In the defence court both the corners of the end line 8 feet (2.40m) radius is drawn. Each one is connected with the side line and the end line are called Quarter Circles.

Width of the lines

The width of all lines is 5cm

Players

7+2 = 9 Players

Time Duration

2 Innings: 10+2+10+5+10+2+10 = 49minutues

Officials

Referee – 4, Scorer – 1, Timer -1

Starting of the game

The game will be started by tossing the coin. Whether serving/fielding

1. Fielding players should occupy four corner boxes, one half circle and two quarter circle. Corner box players are called as catchers, half circle player is called as defender and quarter circle players are called as sub defenders.
2. Serving players should sit in the sitting box which has been drawn left side of the official bench. They should give their chest numbers to the scorer.
3. After the officials getting ready, the scorer will call out the first chest number to serve. The first server has to enter in to the service box. He should toss the ball and hit on the top of the ball with open palm.
4. The serving ball should bounce (or) landing within the service ball bouncing area. If it is successful attempt the server should run fast as possible as he can towards the safety circle.
5. Runner should run after the ball hitting by the server. The server should not jump while serving.
6. If the first service is the unsuccessful attempt second chance will be given. If the second chance also making unsuccessful attempt the server is out. He should go out and sit in the separate box, which has been drawn behind the sitting box of the regular players.
7. If any one of the catchers caught the ball before the first server reaching the safety circle. The server is out. Otherwise he is safe.
8. The second server should go to the service box to serve,

after the successful attempt the player should run towards the safety circle and the player who is standing within the safety circle should run towards the 1st corner box.

9. The third server should go to the service box to serve, after the successful attempt he should run towards the safety circle. The player who is standing in the safety circle should run towards the 1st corner box, the player who is standing in the 1st corner box should run towards the 2nd corner box. In between if the ball is collected by the defender he has to pass the ball to the 1st catcher or 4th catcher by using the return ball bouncing area. If any one of the sub defenders collect the ball he has to pass the ball directly to anyone of the catchers. If the defender wishes to pass the ball to 2nd box catcher or 3rd box catcher he can pass the ball directly.
10. If the 3rd corner box is having a runner the defender can also pass the ball to the 4th catcher by using the ball return bouncing area.
11. Runners who are reached safely to the 4th corner box point is given.
12. Runners can run to many boxes at a time before the ball could reach the corner box. Fielders can make any one of the players out at a time. If the server and the 3rd box Runner are not able to reach the proper corner at a time before the ball is reached to the catchers the server is safe. The Runner who is running towards the 4th corner is declared as out.
13. When the ball is in play if the runner stepping out of the box, he should run or return to the same box. If the ball is caught by any of the catchers before the runner is reached the box, the runner who is running towards the corner box is out, if he returns to the own box is not out.
14. If there is no regular player to serve, then the first out player can get into the service box and put the serve. If there is no regular player to serve again the second out player can get into the service box to serve. The game will be going on like that for the first half.
15. If the ball is crossed the side line or the end line the sub defenders should collect the ball and pass it to the defender or any one of the catchers.
16. The Defender should not leave from the half circle area. He should be within 14 feet radius half circle area only. When the ball is in play, if it is in the service ball landing area, the defender must collect the ball and throws it to the catchers.
17. The defender will be allowed to receive the service ball from a server. When the second player is getting into the service box, the defender should go to the 6th quarter circle and the 6th quarter circle player should go to the 7th quarter circle and the 7th quarter circle player should go to the half circle, it should be like a clockwise move.
18. The defender should not come out of the half circle area with the ball. If he do so the ball is not in play, so he pass the ball to the next server and move to the 6th quarter circle.
19. After the serve if the ball is uncontrolled by the defender, the sub defenders may collect the ball and throw it to the defender or any of the catchers.
20. Whenever the ball is received by the defender from the sub defenders, he need not use the return ball bouncing area. He throws the ball directly to any of the catchers.
21. After the ball hitting by the server, the sub defenders can move here and there for collecting the ball, after the ball is passed by the sub defenders, they should be ready for clockwise move.

22. While the catcher is catching the ball, unfortunately if the ball is dropped down, the player himself should collect the ball, no other catchers should support him.
23. A catcher can come out of the corner box for collecting the ball, after the ball is collected by the catcher he should return to his own box.
24. The catchers should not get into the return ball bouncing area for collecting the ball.
25. The catchers should pass the ball to the defender for the next serve. When the ball is received from the catchers, the server should reach the service box, the defender should pass the ball immediately to the server without delay. For every service the defender only should pass the ball to the next server.
26. When the ball is in play, if the ball is in the return ball bouncing area, the sub defenders only should collect the ball, and throw it to the defender or catchers.
27. The service ball must be reached finally to the defender area within 12 seconds. Otherwise technical points will be given by the referee to the server team.
28. When the runner is running towards the corner box the catcher who is in the corner box should not disturb the runner till he reaches the corner box.
29. After every successful points scored by the runner, the corner players should change their corner box in a anticlockwise move. They should move after the server is reached the safety circle.
30. While playing if the ball touches any of the lines is called as the right ball.
31. The team which scores more points is declared as winner. If both the teams are scored equal points extra time will be given for 5 minutes to each team. If again the points are the same, the play will be going on continuously till the end of the game.

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