

I G S B F



INTERNATIONAL

GOAL SHOT BALL FEDERATION



INTERNATIONA GOAL SHOT BALL FEDERATION

FOUNDER

NOTLA RAJENDRA PRASAD

Goal Shot Ball – Introduction

Goal Shot Ball was started at Kailasapuram Port High School Ground, Visakhapatnam, Andhra Pradesh (India).

Goal Shot Ball is a team sport played between two teams.

Each team normally consists of five players — One goalkeeper and four court players, out of which one is a Power Player. A unique feature of this sport is the Impact Player rule.

During the entire match, one additional sixth player may play for a total duration of 10 minutes.

This Impact Player may be used either in the first half or in the second half. Once the Impact Player enters the court, he or she must play for a minimum of 5 continuous minutes.

In this game, players use their hands to pass the ball with the objective of scoring goals in the opponent's goal. A standard match consists of two halves of 20 minutes each. The team that scores more goals within the allotted time is declared the winner.

Goal Shot Ball is a fast-paced and high-scoring sport. In professional matches, teams typically score 25 to 30 goals each, Although lower scores were more common in earlier years. During defence, body contact is permitted for defending players attempting to stop attacking players from approaching the goal. No protective equipment is mandatory in this sport; however, players may choose to wear soft protective bands, pads, and mouth guards. The official rules of Goal Shot Ball were published on

18 September 2018 by Notla Rajendra Prasad.

Rules & Regulation

The rules are laid out in the International goal shot ball federation set of rules, most recently published in 2018.

1. A PLAYER SUSPENSION ONE MINUTE CONTINUE FOUR TIMES AFTER THE YELLOW CARD PENALTY SHOOT FIFTH TIME DIRECT RED CARD.
2. IF A COACH & MANAGER USING WRONG WORDS REFEREE GIVEN A GREEN CARD FOR WARNING CONTINUES TWO TIMES THE RED CARD & ONE MINUTE OUT A PLAYER..
3. A PLAYER CAN HOLD 2. A PLAYER CAN HOLD THE BALL FOR A MAXIMUM OF FOUR SECONDS.
4. A PLAYER CAN'T DRIBBLE AGAIN AFTER BOUNCING THE BALL AND CATCHING IT.
5. A PLAYERS CAN TAKE UP TO TWO STEPS WITH THE BALL WITHOUT DRIBBLING, AND UP TO TWO STEPS AFTER DRIBBLING.

Summary

Team Jersey Kit – Rules & Conditions (Goal Shot Ball)

In Goal Shot Ball, it is mandatory for each team to have three different jersey colours.

1 Goalkeeper Jersey

The goalkeeper's jersey must be of one distinct colour, different from all other players.

Dress code:

Full-sleeve T-shirt

Full-length lower

The goalkeeper's kit must be clearly distinguishable from all other players.

2 Impact Player & Power Player Jersey

The Impact Player and Power Player jerseys shall be of one common colour, different from the goalkeeper and normal players.

Dress code:

Half-sleeve T-shirt

Shorts

Impact Player jersey (back):

Jersey number is mandatory.

Power Player jersey (back):

Jersey number and the word “POWER PLAYER ” must be printed and are compulsory.

3 Normal Player Jersey

All remaining players shall wear one common colour jersey.

Dress code:

Half-sleeve T-shirt

Shorts

All normal players must have identical jersey design and colour.

Two teams of Five players (four court players plus one goalkeeper) take the court and attempt to score points by putting the game ball into the opposing team's goal. In handling the ball, players are subject to the following restrictions:

- **After receiving the ball, players can pass, keep possession, or shoot the ball.**
- **Players are not allowed to touch the ball with their feet. The goalkeeper is the only player allowed to use their feet, but only within the goal area.**
- **If possessing the ball, players must dribble (comparable to a [basketball dribble](#)), or can take up to two steps for up to four seconds at a time without dribbling**

- No attacking or defending players other than the defending goalkeeper are allowed to touch the floor of the goal area (within seven metres of the goal). A shot or pass in the goal area is valid if completed *before touching the floor*. Goalkeepers are allowed outside the goal area, but are not allowed to cross the goal area boundary with the ball in their hands.
- The ball may not be passed back to the goalkeeper when they are positioned in the goal area.

Notable scoring opportunities can occur when attacking players jump into the goal area. For example, an attacking player may catch a pass while launching toward the inside of the goal area, and then shoot or pass before touching the floor. *Doubling* occurs when a diving attacking player passes to another diving teammate.

Goal Shot Ball – Official Rules

Rule No. 1 – Starting Point (Center Line)

Any player may start the game from the center line. At least one foot must be touching the center line while starting the play.

Until the ball is passed, no player is allowed to enter inside the center line area.

Rule No. 2 – Impact Players (Scoring rule)

When an Impact Player is on the court (10 minutes playing 1st half & 2nd half and 5 minutes two sets can play 1st half & 2nd half) scores a goal from any area of the playing field, the goal shall be counted as two (2) points. The Impact Player plays a crucial and decisive role in this game, as their performance can significantly influence the outcome of the match.

Rule No. 3 – Power Player Scoring

If a Power Player scores from any part of the field, that goal will be awarded 2 points.

Rule No. 4 – Power Player Yellow Card Rule

After receiving three 1-minute suspensions, a Power Player will be shown a Yellow Card.

Rule No. 5 – Power Player Red Card Rule

After receiving four 1-minute suspensions, a Power Player will be shown a Red Card and will no longer be allowed to participate in the match.

Rule No. 6 – Main Scoring Rule

In Goal Shot Ball, any player, including the goalkeeper, if they score from outside the 9-meter area, their team will be awarded 2 points

In the Goal Shot Ball game, the jersey rules are as follows:

A team will have a total of 16 players. Out of them, 10 players will wear the same colour jersey (half T-shirt and shorts). 3 players will be goalkeepers, and they will wear a different colour jersey in full length (lower and T-shirt).

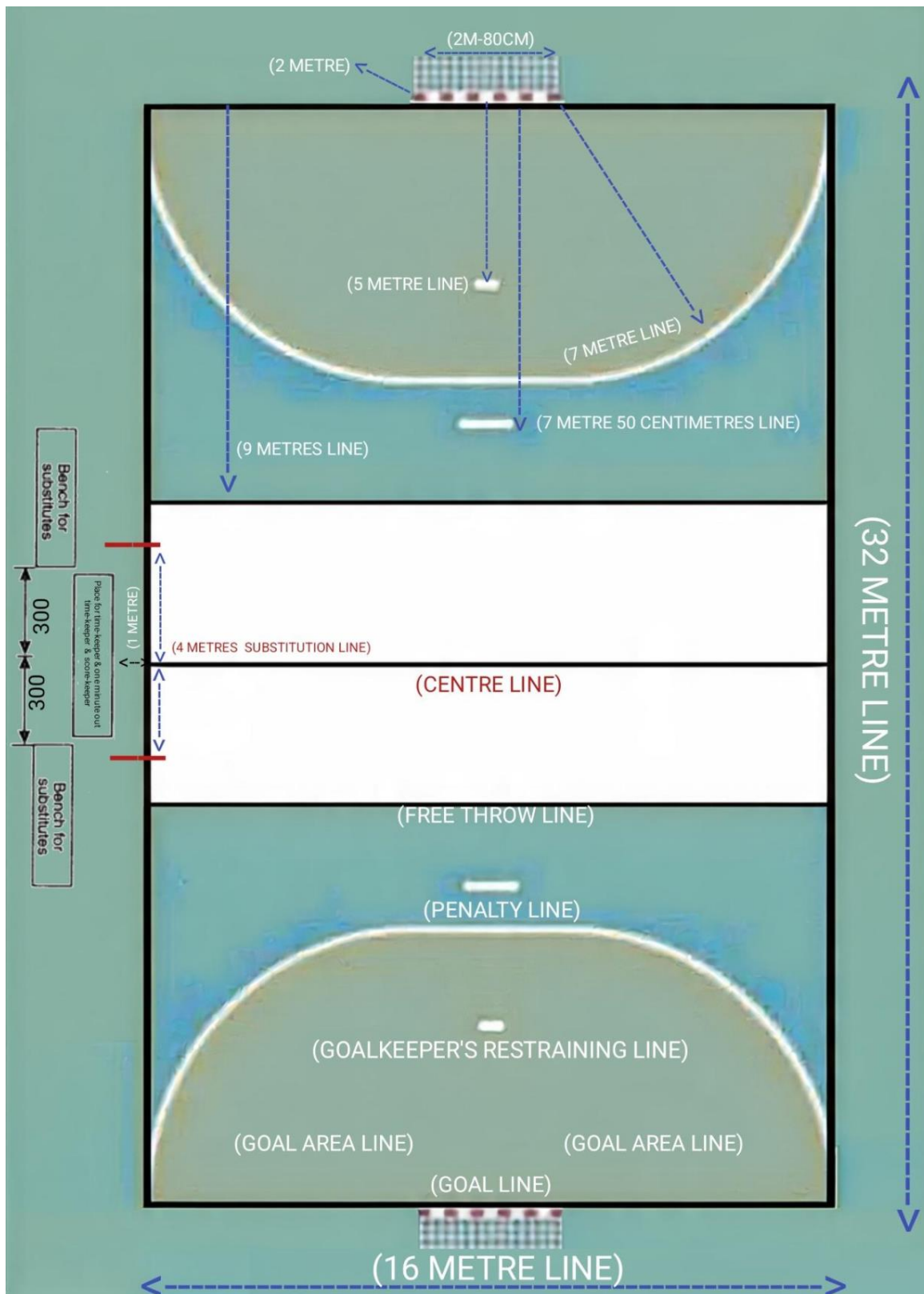
The last 3 will be power players, and they will wear a different colour jersey (half T-shirt and shorts).

One power player will continue play in full match.

Second power player will play only for 10 minutes either 1st half OR 2ND HALF.

3rd power player will be a substitute.

Playing court:



COURT MEAUREMENT

Length = 32 metre

Breadth = 16 metre

Goal Post height = 2 metre

Goal Post breadth = 2.80 metre

“D” Area = 7 metre

Penalty line = 7.50 metre

Diagonal = 35.77 metre

Substitute area = 4 metre

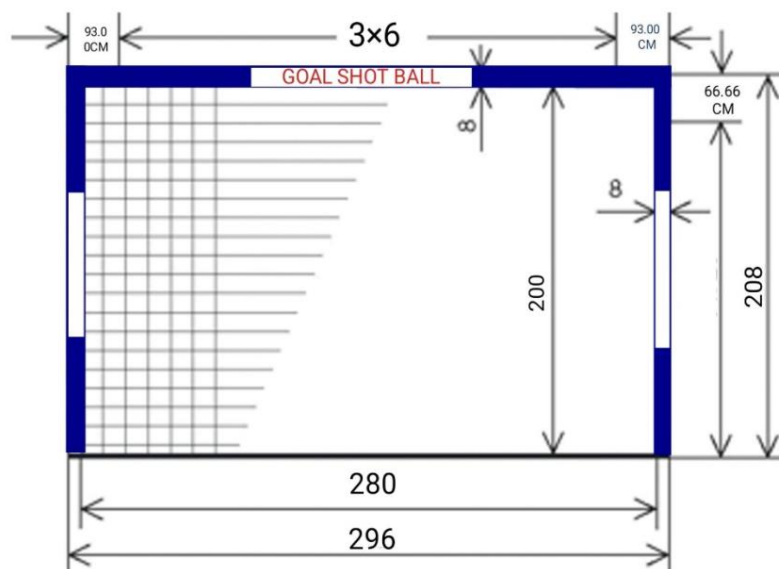
Court to Substitute area distance = 1 metre

Substitutes bench will be at least 4 metre away from centre line

Goal keeper's restriction line = 5 metre

Free throw line = 9 metre

Width of the marking = 5 cm and Goal inside 8 cm



Goal shot ball is played on a court 32 by 16 metres with a goal in the centre of each end. The goals are surrounded by a near-semicircular area, called the zone or the crease, defined by a line seven metres from the goal. A straight line 9 metres from the goal marks the free-throw line .

If a foul occurs between the centre line and the 9 metre line, player will be start from that spot.

Goals

The goals are 2 metres high and 2.80 metres wide. They must be securely bolted either to the floor or the wall behind.

The goal posts and the crossbar must be made out of the same material (e.g., [wood](#) or [aluminium](#)) and feature a quadratic cross section with sides of 8 cm (3 in). The three sides of the beams visible from the playing court must be painted alternately in two contrasting colors which both have to contrast against the background. The colors on both goals must be the same.

Each goal must feature a net. This must be fastened in such a way that a ball thrown into the goal does not leave or pass the goal under normal circumstances. If necessary, a second net may be clasped to the back of the net on the inside.

Crease

The goals are surrounded by the crease, also called the zone. This area is delineated by two quarter circles with a radius of seven metres around the

far corners of each goal post and a connecting line parallel to the goal line. Only the defending goalkeeper is allowed inside this zone. Court players may catch and touch the ball in the air within it as long as the player starts their jump outside the zone and releases the ball before they land (landing inside the perimeter is allowed in this case as long as the ball has been released).

If a player without the ball contacts the ground inside the goal perimeter, or the line surrounding the perimeter, they must take the most direct path out of it. Should a player cross the zone in an attempt to gain an advantage (e.g., better position) their team cedes the ball. Similarly, violation of the zone by a defending player is penalized only if they do so in order to gain an advantage in defending.

Substitution area

Outside of one long edge of the court to both sides of the middle line are the substitution areas for each team. Team officials, substitutes, and suspended players must wait within this area. A team's area is the same side as the goal the team is defending; during halftime, substitution areas are swapped. Any player entering or leaving the play must cross the substitution line which is part of the side line and extends 4 metres from the middle line to the team's side.

Duration

A standard match has two 20-minute halves with a 5- or 10-minute (major Championships/ International) halftime intermission. At half-time, teams switch sides of the court as well as benches. For youths, the length of the halves is reduced—15 minutes at ages 12 to 15, and 10 minutes at ages 8 to 11; though national federations of some countries may differ in their implementation from the official guidelines.

If a decision must be reached in a particular match (e.g., in a tournament) and it ends in a draw after regular time, there are at maximum two overtimes, each consisting of two straight 5-minute periods with a one-

minute break in between. If these does not decide the game either, then the winning team is determined in a penalty shootout (best-of-three rounds; if still tied, extra rounds are added until one team wins).

The referees may call [timeout](#) according to their sole discretion; typical reasons are injuries, suspensions, or court cleaning. Penalty throws should trigger a timeout only for lengthy delays, such as a change of the goalkeeper.

Referees

A Goal shot ball match is adjudicated by two equal referees. Some national bodies allow games with only a single referee in special cases like illness on short notice. Should the referees disagree on any occasion, a decision is made on mutual agreement during a short timeout; or, in case of punishments, the more severe of the two comes into effect. The referees are obliged to make their decisions "on the basis of their observations of facts". Their judgements are final and can be appealed against only if not in compliance with the rules. Officials can look to TV replays, as needed.

The referees position themselves in such a way that the team players are confined between them. They stand diagonally aligned so that each can observe one side line. Depending on their positions, one is called *court referee* and the other *goal referee*. These positions automatically switch on ball turnover. They physically exchange their positions approximately every 10 minutes (long exchange), and change sides every five minutes (short exchange).

If the referee gets injured during the match, the organizing team will immediately assign a new referee to the ground.

The International Goal shot ball federation defines 21 hand signals for quick visual communication with players and officials. The signal for warning is accompanied by a [yellow card](#). A disqualification for the game is indicated by a [red card](#), followed by a [black card](#) if the disqualification will be accompanied by a report. The referees also use whistle blows to indicate infractions or to restart the play.

CHAMPIONSHIP__SUB JUNIOR/JUNIOR/SENIOR__GOAL SHOT BALL

VENUE
ROUND
TOSS WON BY

DATE
MATCH NO
COURT NO
CHOOSE

A - TEAM.....

[illegible]

A TEAM TIME OUT

B - TEAM.....

[illegible]

B
TEAM
TIME OUT

1ST HALF

2ND HALF

C.N - A		B - C.N		S C O R E S H E E T	C.N - A		B - C.N	
	1		1			1		1
	2		2			2		2
	3		3			3		3
	4		4			4		4
	5		5			5		5
	6		6			6		6
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	40		40		40		40	

SCORE SHEET

EXTRA TIME

[illegible]

CAPTAIN SIG
COACH SIG
FINAL SCORE
MATCH WON BY
1.REFEREE SIG & NAME
2.REFEREE SIG & NAME

PENALTY SCORE

[illegible]

CAPTAIN SIG
COACH SIG
BEST PLAYER NAME.....
BEST GOALKEEPER NAME.....
1.TABLE OFFICIAL SIG & NAME.....
2.TABLE OFFICIAL SIG & NAME.....

formal things such as keeping track of goals and suspensions, or starting and stopping the clock, respectively. They also keep an eye on the benches and notify the referees on substitution errors. Their desk is located between the two substitution areas.

Team players, substitutes, and officials

Each team consists of five players on court and seven substitute players on the bench. One player on the court must be the designated goalkeeper, differing in his clothing from the rest of the court players. Substitution of players can be done in any number and at any time during game play. An exchange takes place over the substitution line. A prior notification of the referees is not necessary.

Court players

Court players are allowed to touch the ball with any part of their bodies above and including the knee. As in several other team sports, a distinction is made between catching and [dribbling](#). A player who is in possession of the ball may stand stationary for only four seconds , and may take only two steps. They must then either shoot, pass, or dribble the ball. Taking more than two steps at any time is considered travelling, and results in a turnover. A player may dribble as many times as they want (though, since passing is faster, it is the preferred method of attack), as long as during each dribble the hand contacts only the top of the ball. Therefore, [carrying](#) is completely prohibited, and results in a turnover. After the dribble is picked up, the player has the right to another four seconds or Two steps. The ball must then be passed or shot, as further holding or dribbling will result in a *double dribble* turnover and a free throw for the other team. Other offensive infractions that result in a turnover include charging and setting an illegal screen. Carrying the ball into the seven-metre zone results either in ball possession by the goalkeeper (by attacker) or turnover (by defender).

Goalkeeper

Only the [goalkeepers](#) are allowed to move freely within the goal perimeter, although they may not cross the goal perimeter line while carrying or dribbling the ball. Within the zone, they are allowed to touch the ball with all parts of their bodies, including their feet, with a defensive aim (for other actions, they are subject to the same restrictions as the court players). The goalkeepers may participate in the normal play of their teammates. A regular court player may substitute for the goalkeeper if a team elects to use this scheme in order to outnumber the defending players. This court player became the designated goalkeeper on the court and had to wear some vest or bib the same colour as the goalkeeper's shirt to be identified as such. A rule change meant to make the game more offensive now allows any player to substitute for the goalkeeper without becoming a designated goalkeeper.

If either goalkeeper deflects the ball over the outer goal line, their team stays in possession of the ball, in contrast to other sports like [football](#). The goalkeeper resumes the play with a throw from within the zone ("goalkeeper throw"). In a penalty shot or directly taken free throw, throwing the ball against the head of a goalkeeper who is not moving will lead to a direct disqualification ("red card"). Hitting a non-moving goalkeeper's head out of regular play will lead to a One-minute suspension as long as the player threw without obstruction.

Outside of own D-zone, the goalkeeper is treated as an ordinary court player, and has to follow court players' rules; holding or tackling an opponent player outside the area risks a direct disqualification. The goalkeeper may not return to the area with the ball. Passing to one's own goalkeeper results in a turnover.

Team officials

Each team is allowed to have a maximum of three team officials seated on the benches. Two referees will be on the court for the entire match, and two third umpires will be there for the TV screen.

Ball

The ball is spherical and must be made either of leather or a synthetic material. It is not allowed to have a shiny or slippery surface. As the ball is intended to be operated by a single hand, its official sizes vary depending on age and gender of the participating teams.

SIZE	CLASS	CIRCUMFERENCE(CM)	WEIGHT(GRAM)
2.5	MEN OVER 17	50 – 54	380 – 420
1.8	WOMEN OVER 17	48 – 50	280 – 320
	BELOW 17 BOYS		
1	BELOW 17 GIRLS	46 – 48	250 – 300
	MINI (8 – 14) BOYS & GIRLS		

Goalkeeper-throw

If the ball crosses the outer goal line without interference from the defending team or when deflected by the defending team's goalkeeper, or when the attacking team violates the D-zone (seven metre) as described above, a goalkeeper-throw is awarded to the defending team. This is the most common turnover. The goalkeeper resumes the play with a throw from anywhere within the goal area.

Penalty Rule important

If a player is in a shooting action and is: Pushed from behind, or Pulled by the jersey/shirt, It shall be considered a foul. A penalty shall be awarded to the attacking team. The penalty must be taken only by the player who was fouled. No other player is allowed to take the penalty.

Penalty throw

A 7.50 metre throw is awarded when a clear chance of scoring is illegally prevented anywhere on the court by an opposing team player, official, or spectator. It is awarded also when the referees have interrupted a legitimate scoring chance for any reason. The thrower steps with one foot behind the 7.50 metre line with only the defending goalkeeper between him and the goal. The goalkeeper must keep a distance of three metres away, which is marked by a short tick on the floor. All other players must remain behind the free-throw line until execution and the defending court players must keep a distance of three metres. The thrower must await the whistle blow of the referee. A 7.50 metre throw is the equivalent to a [penalty kick](#) in association football; it is far more common and typically occurs several times in a single game. It is thus tactically similar to free throw percentage in basketball and teams will try to have their best 7.50 metre throwers execute those throws.

Penalties

Penalties are given to players, in progressive format, for fouls that require more punishment than just a free-throw. Actions directed mainly at the opponent and not the ball (such as reaching around, holding, pushing, tripping, and jumping into opponent) as well as contact from the side, from behind a player or impeding the opponent's counterattack are all considered illegal and are subject to penalty. Any infraction that prevents a clear scoring opportunity will result in a 7.50 metre penalty shot.

Typically the referee will give a warning yellow card for an illegal action; but, if the contact was particularly dangerous, like striking the opponent in the head, neck or throat, the referee can forego the warning for an immediate one-minute suspension. Players are warned once before given a yellow card; they risk being red-carded if they receive five one-minute suspensions.

A red card results in an ejection from the game and a one-minute penalty for the team. A player may receive a red card directly for particularly rough penalties. For instance, any contact from behind during a fast break is now being treated with a red card; as does any deliberate intent to injure opponents. A red-carded player has to leave the playing area completely. A player who is disqualified may be substituted with another player after the one-minute penalty is served. A coach or official can also be penalized progressively. Any coach or official who receives a one-minute suspension will have to pull out one of their players for one minutes. The player is not the one punished, and can be substituted in again, as the penalty consists of the team playing with one fewer player than the opposing team.

After referees award the ball to the opponents for whatever reason, the player currently in possession of the ball has to lay it down quickly, or risk a one-minute suspension. Also, gesticulating or verbally questioning the referee's order, as well as arguing with the officials' decisions, will normally risk a one minute. If the suspended player protests further, does not walk straight off the court to the bench, or if the referee deems the tempo deliberately slow, that player risks a double one minute. Illegal substitution (outside of the dedicated area, or if the replacement player enters too early) is prohibited; if they do, they risk a one minute.

Offensive play

Attacks are played with all court players on the side of the defenders. Depending on the speed of the attack, one distinguishes between 12 passes second time foul 6 passes , third time 3 passes and after that attack to the goal post with a decreasing chance of success.

HAND SIGNAL



1. Enter the court



3. Running



4. Holding and pushing



5. Hitting



6. Charging foul



7. Throw in – direction on the court



8. Goal keeper throw



9. Free throw



10. Keep the distance of 2 Metre



11. Forewarning signal for Passive play



12. One minute continue four times yellow card direct penalty



13. One minute continue five times direct red card



14. One minute



15. Time out



16. Goal signal



17. Penalty signal



18. Court change



19. Foot (below the knee)



20. Four second



21. LINE CUTTING



22.END THE MATCH

THANK YOU