
IJF
INTERNATIONAL
JUMPBALL
FEDERATION

OFFICIAL RULE BOOK

TEAM SPORT • 5-A-SIDE • NON-BODY-CONTACT • JUMP-SHOT BASED

Proposed Standard Playing Rules

Court: 30 m × 15 m

Team: 1 Goalkeeper + 4 Court Players

Core mechanics: 3.5 Seconds • 3 Steps • Jump Shot



JUMPBALL Founder & Technical Development Team

Founder & Concept Developer

MR. RAM PRAVESH KUMAR

(R. P. KUMAR)

Physical Education Teacher | Founder & Concept Developer of Jumpball

Mr. Ram Pravesh Kumar (R. P. KUMAR) is the Founder and Concept Developer of Jumpball. He conceptualized and developed Jumpball as a fast-paced, skill-based, non-body-contact passing game.

Jumpball is fundamentally a Passing Game, where the primary focus is on quick and accurate passing, teamwork, coordination, movement, ball control, and creating opportunities to score. Dribbling is not permitted, and the ball cannot be bounced even once. Traveling is permitted according to the rules of the game.

DISTINCTIVE AND MANDATORY RULE OF JUMPBALL

The most distinctive and mandatory feature of Jumpball is the “JUMP TO SCORE” rule. Jumpball is a Non-Body Contact Sport, in which physical contact between players is not permitted.

A goal shall be considered valid only when the player jumps and strikes the ball while in the air toward the goalpost, and the ball successfully enters the goalpost. A valid goal allows the team to earn the designated points according to the scoring area.

In Jumpball, the number of points awarded depends on the Scoring Area from which the player performs a valid Jump to Score:

Attack Zone → 1 Point

Danger Zone → 2 Points

Centre Circle ? 3 Points

If a player throws the ball into the goalpost while standing or moving without jumping, or strikes the ball toward the goalpost before leaving the ground, the goal shall be considered invalid and no point shall be awarded.

NON-CONTACT AND SCREENING RULE

Jumpball is a Non-Body Contact Sport. Pushing, holding, hitting, pulling, charging, or using the body to make physical contact with an opponent is strictly prohibited.

However, Screening/Blocking is permitted during play, provided that it is performed from the front and without any physical contact. A player may use their position to obstruct the opponent's movement, but must not touch, push, hold, hit, or collide with the opponent.

Thus, Passing is the fundamental element of Jumpball, while jumping is mandatory for scoring. The 1-point, 2-point, and 3-point scoring system adds a strategic dimension to the game, allowing players to select different scoring areas according to the situation of play.

Jumpball places strong emphasis on accurate passing, teamwork, timing, movement, jumping ability, balance, coordination, ball control, distance judgment, and speed. These characteristics establish Jumpball as a modern, distinctive, strategic, and Non-Contact Passing Sport.

Mr. Ram Pravesh Kumar's contribution to the conception, structure, fundamental rules, technical framework, point-scoring system, and development of Jumpball forms an important foundation for the establishment and growth of the sport.

• Early Development & History of Jumpball

During the initial stage of development, the first practical match of Jumpball was played at SOS Children's Village, Begusarai, (Bihar) on 8th june 2025. This event marked an important milestone in taking the concept of Jumpball from its initial design to practical implementation on the playing field.

Following this, Jumpball progressed to a wider competitive level with an Inter-State match between Bihar and Jharkhand.

These early matches provided an important opportunity to practically test the game's rules, playing methodology, player roles and technical structure, while also providing valuable experience and feedback for further development.

With continuous demonstrations, training, competitions and promotional efforts, Jumpball gradually began gaining popularity among players, Physical Education professionals and sports enthusiasts.

Thus, what began as a new sporting concept gradually developed into a fast-paced, skill-oriented and non-body-contact modern sport, with an ongoing journey towards wider participation, development and recognition.

Collective Technical Contribution

The development of Jumpball represents the combined efforts of its Founder and the technical contributors who supported the sport during its formative stages.

Mr. R. P. KUMAR, as the Founder and Concept Developer, provided the original vision, concept, design and foundation of the sport. The Technical Contributors supported its practical development, refinement and technical evolution through their academic knowledge, professional experience, sporting background and valuable suggestions.

Their collective contribution helped establish the early foundation of Jumpball and supported its continued development as a new sporting discipline.

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INTERNATIONAL JUMPBALL FEDERATION

1. PURPOSE, IDENTITY AND SCOPE

1.1.Purpose — Jumpball is a structured team sport combining selected movement and passing concepts associated with handball, basketball, netball and volleyball, while establishing its own 3.5 seconds, three-step and jump-shot framework.

1.2.Scope — These rules establish the standard playing environment, equipment, team structure, movement restrictions, contact limitations, scoring procedures, defensive restrictions, goalkeeper duties and match administration.

1.3.Official principle — Where a situation is not expressly covered, officials shall apply the spirit of the rules: player safety, continuity, fairness, non-body-contact play and preservation of the jump-shot character of the sport.

1.4.Official application note: Officials should apply this rule consistently, prioritize safety and continuity, and record any material incident in the match report.

2. PLAYING PHILOSOPHY AND CORE PRINCIPLES

2.1 Mandatory Jump Shot

Every scoring attempt must be a Jump Shot. The player must leave the floor and release the ball while airborne. A standing release or a release while the player remains grounded is not a valid scoring action.

2.2 Approach movement

A player may use a controlled standing or running approach before jumping, provided the player obeys the maximum three-step rule while holding the ball. The approach itself is not a scoring shot; the ball must be released during the jump.

2.3 Core principles

Controlled possession; maximum 3.5 seconds holding the ball; maximum three steps while holding it; deliberate bouncing/dribbling prohibited; non-body-contact defense.

2.4 Fair competition

Defenders may contest space and jump to block the ball in permitted zones, but must not push, hold, lock, strike, trip, charge or make prohibited body contact.

2.5 Interpretation

All rules, diagrams, signals and coaching guides must use the same definition of a legal Jump Shot.

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3. COURT DIMENSIONS AND MARKINGS

3.1. Overall Court

The standard Jumpball court shall be 30 metres in length and 15 metres in width.

3.2. Goal Area Line / Attack Line

A curved line shall be marked at a distance of 5.75 metres from each goal line. This line shall be called the Goal Area Line or Attack Line.

3.3. Danger Line – 8.75-Metre Line

A straight, solid line shall be marked at a distance of 8.75 metres from each goal line. This line shall be called the Danger Line.

The 8.75-metre Danger Line shall not be dotted or broken.

3.4. Centre Circle

A Centre Circle shall be marked at the exact midpoint of the 30-metre-long court. The Centre Circle shall have a diameter of 1.50 metres. The Centre Circle is used for the opening toss/start of the match and for the half-time restart. A valid Jump Shot scored from within the Centre Circle shall be awarded 3 points.

3.5. Court Symmetry

The same measurements, distances, and types of markings shall be used at both ends of the court. All markings must be symmetrical and accurately aligned.

3.6. Line Width

All main court marking lines shall have a uniform width of 5 centimetres.

3.7. Restart Circle After a Goal

After a goal is scored, a restart circle shall be marked at 7.50 metres.

Radius: 50 centimetres

Diameter: 1 metre

The goalkeeper shall restart the game from within this designated circle.

3.8. Goalkeeper Throw Zone – Ground Marking

A designated Goalkeeper Throw Zone shall be marked at both goalposts.

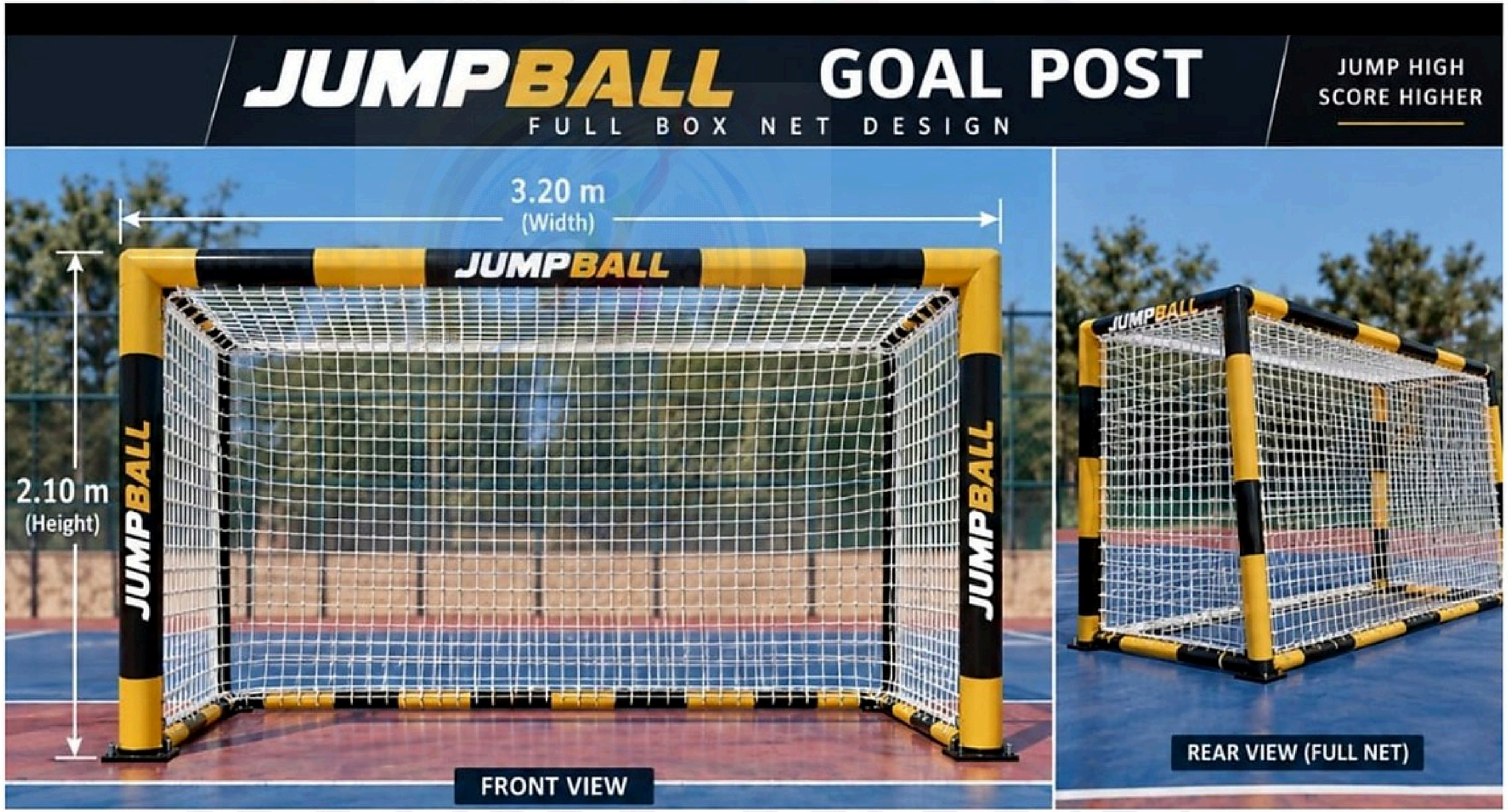
The marking shall begin 90 centimetres from each goalpost.

From this point, a 1.50-metre straight line shall extend towards the Centre Circle.

This shall be followed by a 2.90-metre curved line measured from the centre of the goalpost.

The same measurements and markings shall be applied equally at both ends of the court.

JUMPBALL
A NEW ERA OF SPORTS
JUMPBALL COURT
30 M
15 M
Left Angle (LA)
Left Middle (LM)
Right Middle (RM)
Right Angle (RA)
ATTACK ZONE
GK Zone
GK Throw Zone
GK Start
1.50M
2.10 M
3.20 M
7.50 M
5.75M
8.75 M
DENGER ZONE
1.50m
3 M
Centre Circle
1 M
3 M
ENTRY / EXIT
OFFICIALS TABLE
TEAM B CHAIRS
TEAM A CHAIRS
PLAY HIGH
LIVE STRORS
FIT MIND I FIT BODY I BRIGHT FUTURE


JUMPBALL GOAL POST
FULL BOX NET DESIGN
JUMP HIGH
SCORE HIGHER
3.20 m
(Width)
2.10 m
(Height)
JUMPBALL
JUMPBALL
JUMPBALL
JUMPBALL
FRONT VIEW
REAR VIEW (FULL NET)



4. COURT ZONES

4.1.Danger Zone ? The area from the Centre Circle toward the 8.75-metre line is designated the Danger Zone. It is the principal open defensive interaction and special scoring area of the court.

4.2.Attack Zone ? The 5.75-metre line is designated the Attack Zone.

4.3.Measurement convention ? All zone measurements are taken perpendicular to the relevant goal line. The 5.75-metre marking is used as the goal-area/attack boundary throughout this rule book.

4.4.Centre Circle ? The Centre Circle is 1.50 metres in diameter. It is the official opening and half-time restart area. A valid Jump Shot scored from within the Centre Circle is worth 3 points.

5. GOALS AND GOALKEEPER AREA

5.1 Goal

Each end of the court has one securely anchored goal suitable for safe ball impact.

5.2 Goalkeeper Area

The Goalkeeper Area is the area between the goal line and the 5.75-metre curved line. The goalkeeper may defend and save the ball within this area, subject to these rules.

5.3 Shooter landing

After releasing a Jump Shot, the shooter must land outside the Goalkeeper Area. A goal is disallowed if the shooter lands inside the Goalkeeper Area after the attempt.

5.4 Goal-frame colours

The official goal frame uses black and yellow sections as shown in the IJF goalpost specification. No blue-and-white colour pattern is prescribed.

5.5 Official dimensions

Goal width: 3.20 metres. Goal height: 2.10 metres. Goal depth: 0.80 metres, as shown in the equipment diagram.

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5.6. JUMPBALL GOALPOST

Colour & Space Measurement Specification

Overall Goalpost Dimensions: 3.20 m Width × 2.10 m Height

A. Top Horizontal Bar — Total Width: 3.20 m

No.	Colour	Width
1	Yellow	28 cm
2	Black	43 cm
3	Yellow	44 cm
4	Black- Main JUMPBALL Panel	100 cm
5	Yellow	40 cm
6	Black	43 cm
7	Yellow	22-25 cm
	Total	**3.20 meter**

B. Side Vertical Posts — Total Height: 2.10 m

- Yellow Top: 45 cm
- Black Middle: 145 cm
- Yellow Bottom: 20 cm

Total = 2.10 m

Both side posts contain the word JUMPBALL vertically within the black section.

C. Top JUMPBALL Black Panel

Black panel size: 100 cm wide × 18–20 cm high. This is the central black space containing the JUMPBALL text/logo.

D. Side JUMPBALL Lettering Space

The black vertical section is approximately 145 cm high. The JUMPBALL lettering occupies approximately 85–95 cm in height, with approximately 25–30 cm remaining space above/below.

E. Final Construction Specification

Overall: 3.20 m × 2.10 m

Colours: Black and Yellow only

JUMPBALL: Exactly 3 locations — one on the top bar and one on each side post.

Top Bar: Yellow 28 cm → Black 43 cm → Yellow 44 cm → Black JUMPBALL Panel 100 cm → Yellow 40 cm → Black 43 cm → Yellow 22–25 cm.

Side Posts: Yellow 45 cm → Black 145 cm → Yellow 20 cm.

Note: These measurements are proportional estimates taken from the supplied photograph using the stated 3.20 m × 2.10 m overall dimensions. The design, colour arrangement, and three JUMPBALL placements have not been changed. For final manufacturing, the physical frame should be checked because photographic perspective can cause small measurement differences.

6. BALL SPECIFICATION AND EQUIPMENT

6.1.The Ball — The official ball shall be a handball-type ball suitable for controlled catching, passing, play and powerful jump shots.

Categories:	Specification:	Circumference:	Weight:
* Men's senior & men's youth ball size (aged 16 and older) players;	IJF Size 2.40	54-56 cm	350 to 390 grams
* Women's senior, women's youth (aged 14 and older),and men's youth (aged 12 to 16) players;	IJF Size 2	52-54 cm	325 grams
*Women's youth(aged 8 to 14) (Sub junior girls) players;	IJF Size 1	50 to 52 cm	290 to 330 grams



6. BALL SPECIFICATION AND EQUIPMENT

6.1 The Ball – The official ball shall be a handball-type ball suitable for controlled catching, passing, play and powerful jump shots.
The ball shall have a single-colour finish with the official Jumpball logo.

Category	Ball Specification	Circumference	Weight
Men's Senior & Men's Youth (aged 16 and older) players	IJF Size 2.40	54 – 56 cm	350 – 390 grams
Women's Senior, Women's Youth (aged 14 and older), and Men's Youth (aged 12 to 16) players	IJF Size 2	52 – 54 cm	310 – 325 grams
Sub-Junior Girls (aged 8 to 14) players	IJF Size 1	50 – 52 cm	250 – 290 grams

Note: These measurements are proportional estimates taken from the supplied photograph using the stated 3.20 m × 2.10 m overall dimensions. The design, colour arrangement, and three JUMPBALL placements have not been changed. For final manufacturing, the physical frame should be checked because photographic perspective can cause small measurement differences.

7. TEAM COMPOSITION AND PLAYER ROLES

7.1.Team size — Each team fields five players: one goalkeeper and four court players.

7.2.Court players — The four court players may attack, pass, receive, screen and defend within the restrictions of the zones.

7.3.Goalkeeper — The goalkeeper's primary duty is to defend the goal from within the Goalkeeper Area and distribute the ball according to the goalkeeper rules.

7.4.Minimum team — Competition regulations may specify a minimum number required to start or continue a match.

7.5.Official application note: Officials should apply this rule consistently, prioritize safety and continuity, and record any material incident in the match report.

8. SUBSTITUTIONS AND TEAM BENCH

8.1 Substitution area

Substitutions are permitted only through the designated Substitution Area shown on the court diagram and defined in Rule 8.8.

8.2 Goalkeeper substitution

A goalkeeper may be replaced by another eligible player only through the same authorized substitution procedure.

8.3 Illegal substitution

An incoming player must not enter before the outgoing player has completely left the court. An illegal substitution or extra-player advantage results in the prescribed team sanction.

8.4 Rolling substitutions

Rolling substitutions are permitted during play, subject to the designated entry/exit procedure and referee/table control.

8.5 Coach notification

The coach or authorized team official must notify the table officials of a substitution when required by the competition procedure.

8.6 No extra-player advantage

The substitution must not create an extra-player advantage or interfere with play.

8.7 No full-table-line entry

Substitution is not permitted from any arbitrary point along the full table line. Players may enter and leave only through the marked Substitution Area.

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SUBSTITUTION LINES

8.8. SUBSTITUTION LINES – 8.75-METRE DANGER LINE

The Substitution Lines shall be marked in relation to the 8.75-metre Danger Line. On each side of the court, the designated substitution marking shall extend 3.00 metres outward from the centre-circle side toward the officials' table / team bench area, as shown in the official court diagram.

8.9. PLAYER ENTRY AND EXIT

Substitute players must enter and leave the court only through the designated Substitution Area. The outgoing player must completely leave the court before the incoming player enters. The substitution must not create an extra-player advantage. The referee and table officials shall monitor the procedure.

COURT-MARKING NOTE

The same substitution-line measurements and directions shall be applied on both sides of the court for Team A and Team B. The markings must be clearly visible and must not obstruct the officials' table.

9. MATCH DURATION AND TIMING

9.1 Standard match duration

Sub-Junior Boys and Girls: 20 minutes + 10-minute half-time interval + 20 minutes. Junior Boys and Girls: 25 minutes + 10-minute half-time interval + 25 minutes. Senior Men and Women: 25 minutes + 10-minute half-time interval + 25 minutes.

9.2 Official clock

The timekeeper controls match time. The referee may stop the clock for injury, disciplinary action, equipment issues or another authorized interruption.

9.3 End of period

A shot released legally before the period-ending signal may be completed, subject to the competition procedure and the applicable scoring rules.

9.4 Published variations

Any officially approved age-category or event variation must be published before the competition and applied equally to all teams.

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9.5–9.10 TEAM TIME-OUT

9.5 Total time-outs

Each team may use a maximum of four (4) time-outs during the match.

9.6 First half

A team may use a maximum of two (2) time-outs during the first half.

9.7 No carry-over

A first-half time-out not used expires at half-time and cannot be transferred to the second half.

9.8 Second half

A team may use a maximum of two (2) time-outs during the second half.

9.9 Attacking possession

A time-out may be requested only when the requesting team has attacking possession of the ball. The referee/table officials must authorize it.

9.10 Official record

The scorer must record each time-out on the official scoresheet. The team may not exceed the limit for either half or the match.

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10. START, RESTART AND POSSESSION

10.1 Opening start
The match begins from the Centre Circle using the start procedure directed by the referee.

10.2 Toss and first possession
The toss is conducted at the Centre Circle. The team awarded first possession starts play from within the Centre Circle.

10.3 Restart after a goal
After every goal, the team that conceded the goal restarts play. Its goalkeeper must restart from the designated Restart Circle whose centre is 7.50 metres from the goal line.

10.4 Player positions before restart
Until the goalkeeper releases the ball to restart play, all outfield players from both teams must remain behind the 8.75-metre Danger Line. The goalkeeper taking the restart is the only exception and must be in the Restart Circle.

10.5 Ball in play
When the goalkeeper has released the ball to restart play, the referee’s restart is effective and outfield players may cross the Danger Line. Normal play then resumes.

10.6 Other restarts
A ball out of bounds is restarted by the team entitled to possession at the designated point. If possession cannot fairly be determined, the referee may use a neutral restart.

10.7 Half-time restart
At the beginning of the second half, the team that did not take the opening possession receives the first possession of that half and starts from the Centre Circle.

10.8 Centre Circle scoring
A legal Jump Shot released from within the Centre Circle is worth three (3) points. This scoring rule does not change the separate restart procedures.

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11. 3.5-SECOND RULE

11.1 Possession limit

A player who has clear control of the ball in the hands may hold it for a maximum of 3.5 seconds.

11.2 Release

Within 3.5 seconds, the player must pass or release the ball in a legal action, including a legal Jump Shot.

11.3 Violation

Holding the ball longer than 3.5 seconds is a 3.5-Second Violation. Possession is awarded to the opposing team by the prescribed restart.

11.4 Timing

The count begins when the player has clear control of the ball. A legal pass received by a teammate starts a new possession count for that receiving player.

11.5 No dribbling or deliberate bounce

Deliberate bouncing/dribbling is not permitted in Jumpball. If the ball is accidentally dropped, the referee applies the applicable loose-ball/possession rule; an accidental drop does not authorize a deliberate bounce.

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12. THREE-STEP RULE

12.1 Maximum steps

A player holding the ball may take a maximum of three (3) steps.

12.2 Counting a step

A step is counted when a foot moves from one support position to another while the player has control of the ball.

12.3 Fourth step

A fourth step while retaining possession is a Three-Step Violation. The opposing team receives the prescribed restart.

12.4 Jump Shot

A player may jump to execute a Jump Shot after legal steps. The ball must be released while the player is airborne, and the player must land outside the Goalkeeper Area.

12.5 No travel beyond three steps

The three-step limit applies consistently throughout the rule book, player guide, coaching guide and referee signals.

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13. ILLEGAL FOOT PLAY

13.1 Intentional foot play

A player must not deliberately control, advance or receive the ball with the foot or leg as a substitute for legal hand play.

13.2 Accidental contact

An accidental touch by the foot or leg may be ignored only when it creates no unfair advantage; the referee makes the final decision.

13.3 No kicking

Kicking or deliberately striking the ball with the foot is a violation.

13.4 Sanction

The referee awards the prescribed restart to the opposing team. The same terminology—Illegal Foot Play—must be used in the rule index and signals.

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14. PASSING, RECEIVING AND MOVEMENT

14.1.Passing — Players may pass using one or both hands, subject to the 3.5 seconds and three-step limits.

14.2.Receiving — A player may catch the ball securely and immediately begin a new legal action.

14.3.Movement — Players may cut, change direction, screen and create passing lanes without prohibited contact.

14.4.Possession change — A legal pass received by a teammate creates a new possession for that teammate and resets the applicable possession count.

14.5.Official application note: Officials should apply this rule consistently, prioritize safety and continuity, and record any material incident in the match report.

14.6 ONE FREE PASS RULE

Award

After an ordinary foul, the team awarded a Free Pass restarts from the spot of the foul, unless another rule specifies a different restart.

Execution

Any eligible player may take the Free Pass and must pass to a teammate; the Free Pass taker may not shoot directly.

First receiver

The first receiving player may not shoot directly either. After that player legally passes to a third player, normal play resumes.

Defensive restriction

Until the ball has reached the first receiver, defenders must not block, tackle or intercept the pass. No physical contact is permitted.

Different from Free Shoot

A Free Pass is a restart pass and is not a direct scoring attempt. A Free Shoot is a separate Jump Shot awarded under Rule 24 and is taken from the designated 7.50-metre circle.

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15. ATTACKING PRINCIPLES

15.1.Objective — The attacking team seeks to create a legal shooting opportunity in or around the Attack Zone while maintaining controlled possession.

15.2.Spacing — Attackers should maintain spacing to allow safe movement and prevent dangerous congestion.

15.3.Entry — The attacker may approach the Attack Zone through passing, movement and legal screening.

15.4.Shot preparation — The final action should be a controlled jump shot directed toward the goal.

15.5.Official application note: Officials should apply this rule consistently, prioritize safety and continuity, and record any material incident in the match report.

16. JUMP-SHOT TECHNIQUE AND LANDING

16.1 Jump Shot

A Jump Shot is the defining scoring action. The shooter must leave the floor and release the ball while airborne.

16.2 Control and safety

The shooter must remain in control and must not make prohibited contact with a defender.

16.3 Landing

After releasing the ball, the shooter must land outside the Goalkeeper Area, which extends from the goal line to the 5.75-metre curved line.

16.4 Disallowed landing

A goal is disallowed if the shooter lands inside the Goalkeeper Area after the attempt. The correct boundary is 5.75 metres, not 5.90 metres.

16.5 Zone scoring

The scoring value is determined by the legal take-off/release position: Attack Zone = 1 point; Danger Zone = 2 points; Centre Circle = 3 points.

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17. ATTACK ZONE

17.1 Location

The Attack Zone is the band between the 5.75-metre Goal Area/Attack Line and the 8.75-metre Danger Line.

17.2 Legal play

Players may enter and move within the Attack Zone. The restricted area is the Goalkeeper Area between the goal line and the 5.75-metre line; outfield players must not enter that area.

17.3 One-point score

A legal Jump Shot whose take-off/release position is within the Attack Zone is worth one (1) point.

17.4 Jump and landing

The shooter must release the ball while airborne and land outside the Goalkeeper Area. A shooter must not step on or cross into the Goalkeeper Area before or after the shot.

17.5 Defenders

Defenders may contest or jump to block the ball within permitted zones, but must not contact the shooter’s body or enter the Goalkeeper Area.

17.6 Boundary lines

The 5.75-metre line marks the Goalkeeper Area boundary; an outfield player must not touch or cross into that restricted area. A shot released on the 8.75-metre Danger Line is scored as an Attack Zone shot (1 point).

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17.7 ATTACKERS, DEFENDERS AND ZONES

Attacking players

Attackers may pass, receive, move and create a shooting opportunity within the Attack Zone and Danger Zone. They must obey the 3.5-second, three-step and non-contact rules.

Defending players

Defenders may mark, intercept passes and jump to block the ball in permitted zones. Blocking the ball is permitted; pushing, holding, striking, charging or contacting the shooter’s body is not.

Goalkeeper Area restriction

Only the goalkeeper may defend within the Goalkeeper Area. An outfield player must not enter this area, and the shooter must land outside it after releasing the ball.

Screening

Legal screening uses position and space only. Forceful or deliberate body contact is prohibited.

Official application

The referee applies the same zone boundaries at both ends of the court.

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18. DANGER ZONE

18.1 Location

The Danger Zone is the band between the 8.75-metre Danger Line and the Centre Circle.

18.2 Two-point Jump Shot

A legal Jump Shot released from within the Danger Zone is worth two (2) points.

18.3 Take-off position

The referee determines the scoring zone from the shooter’s legal take-off/release position. A shot released on the 8.75-metre Danger Line counts as an Attack Zone shot (1 point), not a Danger Zone shot.

18.4 Other zones

A legal shot from the Attack Zone (between 5.75 m and 8.75 m) is worth one (1) point. A legal shot released from within the Centre Circle is worth three (3) points.

18.5 Safety and legality

All shots remain subject to the mandatory Jump Shot, 3.5-second, three-step, contact and landing rules.

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18.6 PURPOSE / 19. DEFENSIVE BLOCKING

18.6 Purpose

The Danger Zone encourages long-distance Jump Shots and tactical passing while preserving safe, non-contact play.

19.1 Legal block

A court defender may jump to block or intercept the ball. The defender must challenge the ball, not the shooter’s body.

19.2 Illegal block

Striking the shooter’s arm/hand, pushing, holding, charging or making prohibited body contact is a foul.

19.3 No obstruction by contact

A defender must not use force to prevent the shooter from jumping or landing safely.

19.4 Referee decision

The referee determines whether the action was a legal ball block or an illegal contact foul.

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20. GOALKEEPER RULES

20.1. Goal-Saving Area

The goalkeeper's Goal-Saving Area extends up to the 5.75-meter curved line. The goalkeeper may defend and save the ball only within this designated area.

20.2. GK Throw Zone

The area up to the 2.90-meter curved line is called the GK Throw Zone. After making a save, the goalkeeper must remain inside this zone when passing or throwing the ball to a teammate.

20.3. Pass/Throw After a Save

After successfully saving the ball, the goalkeeper must make the pass or throw from inside the 2.90-meter GK Throw Zone. At the moment of passing or throwing, the goalkeeper's foot must not cross outside the 2.90-meter line.

20.4. Cut Pass (Invalid Pass)

If the goalkeeper's foot crosses outside the 2.90-meter GK Throw Zone while making a pass or throw, the pass shall be declared a Cut Pass (Invalid Pass). The opposing team shall be awarded the appropriate restart according to the rules.

20.5–20.9 GOALKEEPER THROWS AND GOAL RESTART

20.5 Ball out after a save

If a goalkeeper save causes the ball to go out of court, the appropriate Goalkeeper Throw is awarded under the last-touch and boundary rules.

20.6 Restart after a goal

After a goal, the team that conceded restarts with its goalkeeper from the Restart Circle centred 7.50 metres from the goal line.

20.7 Player restriction

Until the goalkeeper releases the ball, every outfield player from both teams must stay behind the 8.75-metre Danger Line. The goalkeeper taking the restart is the only exception.

20.8 Restarting goalkeeper

The goalkeeper must be inside the designated 7.50-metre Restart Circle when restarting. The restart is not taken from the 2.90-metre Goalkeeper Throw Zone.

20.9 After release

Once the goalkeeper releases the ball to restart play, outfield players may cross the Danger Line and normal play resumes.

INTERNATIONAL JUMPBALL FEDERATION

20.10–20.13 GOALKEEPER MOVEMENT AND AUTHORITY

20.10 Goalkeeper movement

During active play, the goalkeeper may defend and save only within the Goalkeeper Area, subject to the separate goalkeeper throw rules.

20.11 No obstruction

The goalkeeper must not deliberately screen, block or obstruct an attacking player’s movement when not making a legal save.

20.12 Permitted actions

The goalkeeper may: (a) save the ball within the 5.75-metre Goalkeeper Area; (b) pass/throw after a save from the designated 2.90-metre Goalkeeper Throw Zone; and (c) restart after a goal from the 7.50-metre Restart Circle.

20.13 Separate zones

The 5.75-metre Goalkeeper Area, 2.90-metre Goalkeeper Throw Zone and 7.50-metre Restart Circle are different markings with different purposes. They must not be treated as interchangeable.

Referee authority

The referee decides goalkeeper position, the validity of throws/restarts, and violations of the area restrictions.

INTERNATIONAL JUMPBALL FEDERATION

20.13. Referee's Decision

The referee shall have the final decision regarding the goalkeeper's position, the 5.75-meter Goal-Saving Area, 2.90-meter GK Throw Zone, 7.50-meter Restart Circle, 8.75-meter player restriction, passes and throws, goalkeeper movement, blocking or screening, and any ball going out of the court.

21. GOALKEEPER SAVES AND DEFLECTIONS

21.1.Save — A goalkeeper save is a defensive action that prevents or alters a shot toward the goal.

21.2.Deflection to own blocker — If the goalkeeper saves the ball and it subsequently touches the goalkeeper's own blocking player before going out, possession is awarded according to the last-touch rule.

21.3.Deflection to opponent — If the ball last touches an opponent before leaving the court, the restart is awarded to the appropriate team under the out-of-bounds rule.

21.4.Continuity — A save does not itself create a foul unless the goalkeeper commits an illegal action.

21.5.Official application note: Officials should apply this rule consistently, prioritize safety and continuity, and record any material incident in the match report.

22. GOAL SCORING

22.1 Valid goal

A goal is valid when the shooter legally releases the ball while airborne in a Jump Shot and the ball completely crosses the goal line inside the goal frame, without a prior violation.

22.2 Attack Zone — 1 point

The Attack Zone is between the 5.75-metre line and the 8.75-metre Danger Line. A legal Jump Shot released from this zone is worth one (1) point.

22.3 Danger Zone — 2 points

The Danger Zone is between the 8.75-metre Danger Line and the Centre Circle. A legal Jump Shot released from this zone is worth two (2) points.

22.4 Centre Circle — 3 points

A legal Jump Shot released from within the Centre Circle is worth three (3) points.

INTERNATIONAL JUMPBALL FEDERATION

22.5–22.6 MANDATORY JUMP AND AREA RESTRICTIONS

22.5 Mandatory Jump Rule

Every goal must be scored by a Jump Shot. Both feet must be off the playing surface at the moment the ball is released.

22.6 Goalkeeper Area restriction

The Goalkeeper Area is the area between the goal line and the 5.75-metre line. An outfield shooter must not enter this area and must land outside it after the shot.

Scoring-zone clarification

The Attack Zone is not the Goalkeeper Area. It is the band from 5.75 metres to 8.75 metres and is a legal outfield playing/scoring zone.

22.7 Validity

A goal is invalid if the shooter violates the Jump Shot, possession, step, contact, zone or landing rules before the ball enters the goal.

INTERNATIONAL JUMPBALL FEDERATION

22.7 Attacking Legality

The scoring attempt must comply with all applicable possession, movement, contact, and zone rules of Jumpball.

22.8 Goalkeeper Legality

The goalkeeper's defensive action must comply with the restrictions and boundaries of the Goalkeeper Area.

22.9 Confirmation

The referee shall confirm the goal, and the scorer shall record the awarded points on the official scoresheet.

22.10 Official Application

Officials shall apply these scoring rules consistently throughout the match, maintain safety and continuity of play, and record any material incident or violation in the official match report.

POINT SCORING SUMMARY

Attack Zone — 5.75 m to 8.75 m
1 point for a legal Jump Shot released from this zone.

Danger Zone — 8.75 m to Centre Circle
2 points for a legal Jump Shot released from this zone.

Centre Circle
3 points for a legal Jump Shot released from within the Centre Circle.

Mandatory principle
Every goal must be scored by jumping. The scoring value is determined by the legal take-off/release position, and all other rules must be satisfied.

Goalkeeper Area
The area between the goal line and 5.75-metre line is reserved for the goalkeeper; outfield players must not enter it.

INTERNATIONAL JUMPBALL FEDERATION

23. GOAL DISALLOWED / LANDING VIOLATIONS

23.1 Landing

A goal may be disallowed if the shooter lands inside the Goalkeeper Area after the attempt.

23.2 Other reasons

A goal may also be disallowed for a 3.5-second violation, a fourth step, deliberate bounce/dribbling, illegal foot play, illegal contact, illegal screening, an illegal restart or another prior violation.

23.3 Timing

If a violation occurs before the ball legally enters the goal, the violation takes precedence and the goal is not awarded.

23.4 Scoring record

If the goal is valid, the referee confirms whether it is worth one, two or three points and the scorer records that value on the official scoresheet.

INTERNATIONAL JUMPBALL FEDERATION

24. FREE SHOOT

24.1 Trigger

A Free Shoot may be awarded when an attacker is illegally interfered with during a legitimate Jump Shot attempt, including prohibited contact to the shooting arm/hand.

24.2 Location

The Free Shoot is taken from the designated circle centred 7.50 metres from the goal line. Both feet must remain inside the circle during the execution of the shot.

24.3 Preparation

Defenders must keep the distance directed by the referee. The referee authorizes the shot only after positions are correct.

24.4 Execution

The player must perform a Jump Shot and obey the 3.5-second and three-step rules. The ball must be released while the shooter is airborne.

24.5 Safe landing

After release, the shooter must land safely in the Attack Zone (the band between 5.75 m and 8.75 m), not inside the Goalkeeper Area. The goal is subject to the normal validity and scoring rules.

24.6 Terminology

Use “Free Shoot” consistently throughout the main rules, referee signals, scoresheet and appendices. Do not describe the same restart as a 5.75-metre shot.

INTERNATIONAL JUMPBALL FEDERATION

25. FOULS AND VIOLATIONS

25.1 Technical violations

Technical violations include holding the ball longer than 3.5 seconds, taking a fourth step, deliberate bouncing/dribbling, illegal foot play and an illegal restart.

25.2 Contact fouls

Pushing, holding, locking, striking, tripping, charging and deliberate body obstruction are contact fouls.

25.3 Blocking fouls

A defender who contacts the shooter instead of legally challenging the ball may be penalized.

25.4 Advantage

The referee may allow play to continue when stopping play would unfairly benefit the offending team, then apply the appropriate sanction when required.

25.5 Restart

The restart or sanction must match the type and location of the violation and must be applied consistently.

INTERNATIONAL JUMPBALL FEDERATION

26. CONTACT RESTRICTIONS

26.1. Non-Body-Contact Principle — Jumpball is fundamentally a non-body-contact sport. Players must not intentionally make physical contact with opponents during play.

26.2. Screening Permission — Legal screening is permitted anywhere on the court, including the Attack Zone and Danger Zone. Screening may be performed only from the front of the opponent and must be performed without force.

26.3. Prohibited Contact During Screening — During screening, a player must not:

Hit the opponent;

Push or shove the opponent;

Hold or grab the opponent;

Pull the opponent;

Charge into the opponent or use forceful body contact; or

Screen or block the opponent from behind.

All such actions are prohibited, whether performed from the front or from behind, and shall be considered Illegal Contact.

26.4. Legal Screening — A legal screen requires the screening player to maintain a controlled position and use only positioning to restrict the opponent's movement. Hitting, pushing, holding, pulling, or forceful contact is not permitted.

26.5. Officials' Application — Match officials shall ensure that screening is used fairly and safely.

Any illegal or forceful contact during screening shall be penalized as an Illegal Contact Foul.

26.6 TEAM OFFICIALS — DISCIPLINARY CARD SYSTEM

Scope

This disciplinary system applies to coaches, managers and other authorized team officials/staff.

Green Card — official warning

The first misconduct will normally result in a Green Card warning.

Yellow Card — further caution

Continued or repeated misconduct may result in a Yellow Card.

Red Card — disqualification

A team official who receives three Yellow Cards is shown a Red Card and is disqualified from the match area, subject to competition discipline procedures.

Serious misconduct

Threats, abuse, deliberate interruption, physical harm or other serious misconduct may warrant an immediate referral or stronger sanction under competition regulations.

Numbering correction

This rule is numbered 26.6 to avoid duplicating 26.5, which covers officials' application of screening restrictions.

INTERNATIONAL JUMPBALL FEDERATION

27. SCREENING RULES

27.1. Legal Screen

A legal screen is a position in which a player uses their body position to occupy space or block the path of an opponent without pushing, grabbing, pulling, locking, using the hands or elbows improperly, or moving dangerously into the opponent's path.

27.2. Screening Area

During the match, a player may legally screen or block an opponent in the Attack Zone, Danger Zone, or anywhere else on the court.

There is no specific area of the court where screening or blocking is prohibited, provided that the action is performed legally and according to the rules of the game.

27.3. Controlled Screening

A player may establish a controlled body position to block or restrict the movement or path of an opponent. While setting a screen, the player must maintain body control and balance and must not intentionally attempt to injure or cause an opponent to fall.

27.4. Illegal Screen

The following actions are considered an Illegal Screen:

Pushing or forcefully charging into an opponent.

Holding, grabbing, pulling, or locking an opponent.

Using the hands or elbows improperly to block an opponent.

Intentionally making a body check.

Moving suddenly and dangerously into the path of a moving opponent in a manner that causes illegal contact.

Setting a screen in a way that creates an unnecessary risk of injury to the opponent.

In such situations, the referee/official may declare an Illegal Screen / Foul and apply the appropriate penalty according to the rules.

27.5. Contact During Screening

Normal or incidental contact that occurs naturally during the movement of the game and is not intentional shall not automatically be considered an illegal screen.

However, intentional pushing, holding, pulling, locking, or dangerous body contact during screening shall be considered a foul.

27.6. Official Decision

The referee/official shall determine whether a screen is legal or illegal by considering the player's position, movement, nature of the contact, and the safety of the opponent.

27.7. Official Application

This rule shall apply equally in the Attack Zone, Danger Zone, and all other areas of the court.

Officials shall apply the rule consistently throughout the match, giving priority to player safety and continuity of play.

28. WARNINGS, SUSPENSIONS AND FREE SHOOT

28.1 Green Card — warning

For an ordinary first foul, the referee may show a Green Card as a formal warning, unless the foul requires a stronger sanction.

28.2 Yellow Card — 1:30 suspension

For a subsequent foul by the same player, the referee shows a Yellow Card and the player leaves the court for one minute and thirty seconds (1:30). The table official records the suspension.

28.3 Further fouls

After the player returns, each further ordinary foul may result in another 1:30 suspension, subject to the referee’s assessment and the severity of the foul.

28.4 Red Card — disqualification

A further foul after repeated suspensions may result in a Red Card and disqualification for the remainder of the match. The disqualified player may not re-enter the court.

28.5 Direct Red Card

A serious or intentional foul involving dangerous contact, threats or conduct that risks injury may result in a direct Red Card without a prior warning.

28.6 Misconduct

Serious misconduct may be referred by the Court Referee to the Power Referee/competition authority. The decision and sanction must be recorded.

28.7 Free Shoot is separate

A disciplinary card does not automatically mean a Free Shoot. The restart depends on the foul and the applicable restart rule.

INTERNATIONAL JUMPBALL FEDERATION

29. OFFICIALS AND MATCH CONTROL

29.1.Referee — The referee has authority to enforce the rules, stop play, award goals, award free shoots and administer penalties.

29.2.Timekeeper — The timekeeper manages official match time and authorized stoppages.

29.3.Scorer — The scorer records goals, penalties, player information and match result.

29.4.Officials' authority — The referee's on-court decision is final for factual matters during the match, subject to the competition's formal protest procedure.

29.5.Official application note: Officials should apply this rule consistently, prioritize safety and continuity, and record any material incident in the match report

30.1 SCORING

Attack Zone — 1 point

The Attack Zone is the band between the 5.75-metre line and the 8.75-metre Danger Line. A legal Jump Shot released from this zone is worth one (1) point.

Danger Zone — 2 points

The Danger Zone is the band between the 8.75-metre Danger Line and the Centre Circle. A legal Jump Shot released from this zone is worth two (2) points.

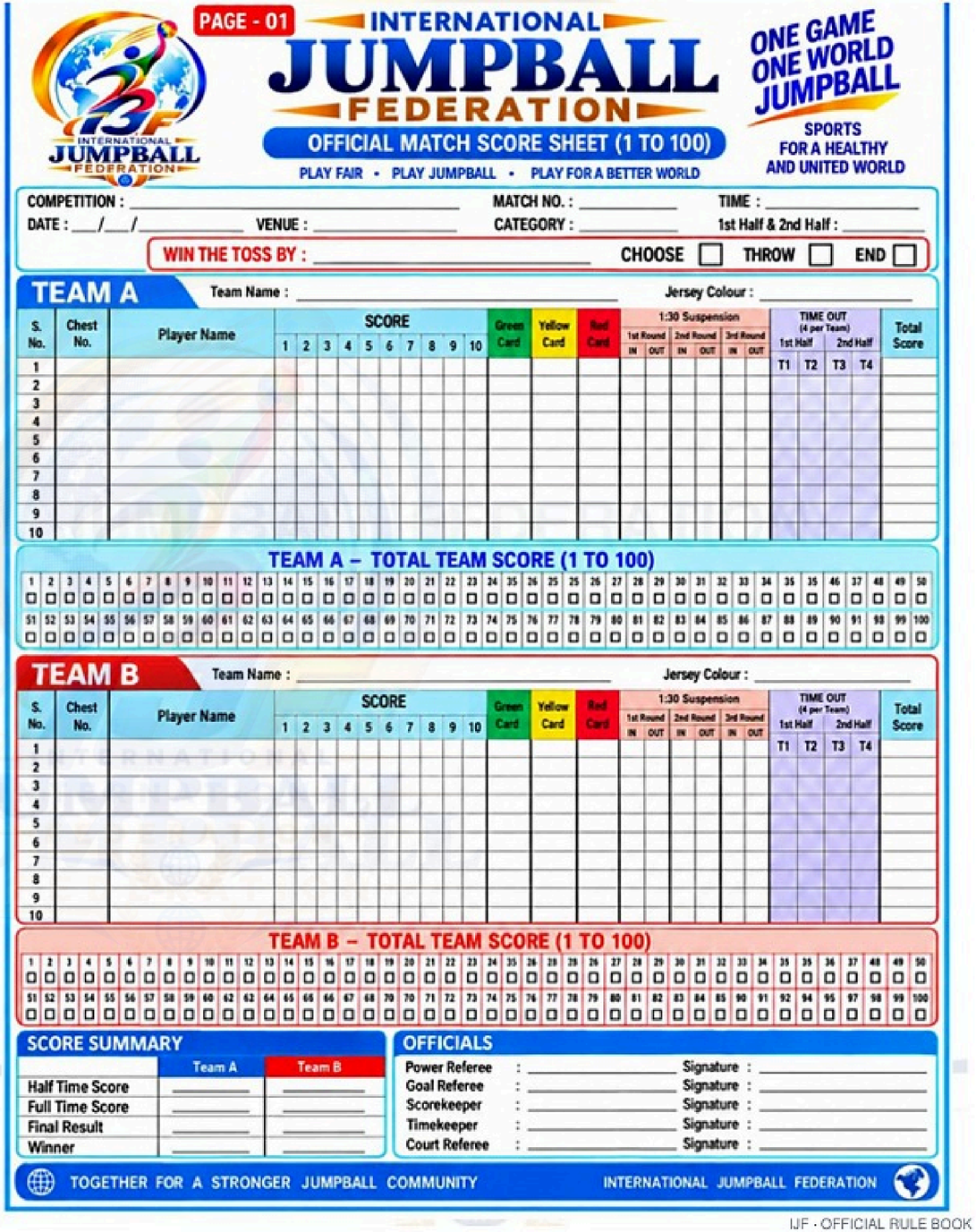
Centre Circle — 3 points

A legal Jump Shot released from within the Centre Circle is worth three (3) points.

Universal condition

Every goal must be scored by a legal Jump Shot. The shooter must release the ball while airborne and land outside the Goalkeeper Area. The 3.5-second, three-step, no-bounce and non-contact rules apply to every scoring attempt.

INTERNATIONAL JUMPBALL FEDERATION



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INTERNATIONAL JUMPBALL FEDERATION

OFFICIAL MATCH SCORE SHEET (1 TO 100)

PLAY FAIR • PLAY JUMPBALL • PLAY FOR A BETTER WORLD

ONE GAME ONE WORLD JUMPBALL

SPORTS FOR A HEALTHY AND UNITED WORLD

COMPETITION : _____ MATCH NO. : _____ TIME : _____

DATE : ___/___/_____ VENUE : _____ CATEGORY : _____ 1st Half & 2nd Half : _____

WIN THE TOSS BY : _____ CHOOSE ☐ THROW ☐ END ☐

TEAM A

Team Name : _____ Jersey Colour : _____

S. No.	Chest No.	Player Name	SCORE 1	2	3	4	5	6	7	8	9	10	Green Card	Yellow Card	Red Card	1:30 Suspension 1st Round IN	OUT	2nd Round IN	OUT	3rd Round IN	OUT	TIME OUT (4 per Team) 1st Half T1	T2	2nd Half T3	T4	Total Score
1																										
2																										
3																										
4																										
5																										
6																										
7																										
8																										
9																										
10																										

TEAM A – TOTAL TEAM SCORE (1 TO 100)

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	25	25	26	27	28	29	30	31	32	33	34	35	35	35	46	37	48	49	50
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51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	98	99	100
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TEAM B

Team Name : _____ Jersey Colour : _____

S. No.	Chest No.	Player Name	SCORE 1	2	3	4	5	6	7	8	9	10	Green Card	Yellow Card	Red Card	1:30 Suspension 1st Round IN	OUT	2nd Round IN	OUT	3rd Round IN	OUT	TIME OUT (4 per Team) 1st Half T1	T2	2nd Half T3	T4	Total Score
1																										
2																										
3																										
4																										
5																										
6																										
7																										
8																										
9																										
10																										

TEAM B – TOTAL TEAM SCORE (1 TO 100)

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	25	25	26	27	28	29	30	31	32	33	34	35	35	35	36	37	48	49	50
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51	52	53	54	55	56	57	58	59	60	62	62	64	65	65	66	67	68	70	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	90	91	92	94	95	97	98	99	100
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SCORE SUMMARY

	Team A	Team B
Half Time Score		
Full Time Score		
Final Result		
Winner		

OFFICIALS

Power Referee : _____ Signature : _____

Goal Referee : _____ Signature : _____

Scorekeeper : _____ Signature : _____

Timekeeper : _____ Signature : _____

Court Referee : _____ Signature : _____

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INTERNATIONAL JUMPBALL FEDERATION

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INTERNATIONAL

JUMPBALL FEDERATION

OFFICIAL MATCH SCORE SHEET

PLAY FAIR • PLAY JUMPBALL • PLAY FOR A BETTER WORLD

ONE GAME ONE WORLD JUMPBALL

SPORTS FOR A HEALTHY AND UNITED WORLD

FOUL & CARD LOG – TEAM A (PLAYERS)

Time	S. No.	Player No.	Player Name	Type (G / Y / R)	1:30 Susp.	Remarks

FOUL & CARD LOG – TEAM B (PLAYERS)

Time	S. No.	Player No.	Player Name	Type (G / Y / R)	1:30 Susp.	Remarks

OFFICIALS CARD LOG – TEAM A

S. No.	Designation	Name	Green Card	Yellow Card	Red Card	Escort Seat	Remarks
1	Coach						
2	Manager						
3	Physio						
4	Team Matter						

OFFICIALS CARD LOG – TEAM B

S. No.	Designation	Name	Green Card	Yellow Card	Red Card	Escort Seat	Remarks
1	Coach						
2	Manager						
3	Physio						
4	Team Matter						

MATCH EVENTS / INCIDENT REPORT

Time	Team (A/B)	Player No. / Official	Type (Goal / Foul / Card / Suspension / Timeout / Other)	Details / Remarks

FINAL RESULT

	Team A	Team B
Half Time Score		
Full Time Score		
Winner		

MATCH NOTES

TEAM CAPTAIN SIGNATURE

Team A Captain (Signature)

Team B Captain (Signature)

MATCH COMMISSIONER REMARKS

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INTERNATIONAL JUMPBALL FEDERATION

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ONE GAME ONE WORLD JUMPBALL

SPORTS FOR A HEALTHY AND UNITED WORLD

EXTRA TIME & FREE SHOOT OFFICIAL SCORE SHEET

PLAY FAIR • PLAY JUMPBALL • PLAY FOR A BETTER WORLD

COMPETITION : _____ MATCH NO. : _____ DATE : ____/____/_____

VENUE : _____ CATEGORY : _____

TEAM A : _____ **TEAM B :** _____

WIN THE TOSS BY : _____ **CHOOSE :** THROW ☐ END ☐

1. EXTRA TIME (5 MINUTES)

Start Time : _____ End Time : _____

TEAM A – EXTRA TIME SCORE (Max 50)

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50

TEAM B – EXTRA TIME SCORE (Max 50)

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50

EXTRA TIME RESULT

Team A Goals : ☐ Team B Goals : ☐

Result After Extra Time : ☐ Team A Win ☐ Team B Win ☐ Still Tied (Go to Free Shoot)

2. FREE SHOOT (IF STILL TIED AFTER EXTRA TIME)

TEAM A – FREE SHOOT (3 PLAYERS)

S. No.	Player No.	Player Name	Shots (✓ / ×) 1	2	3
1					
2					
3					

TEAM B – FREE SHOOT (3 PLAYERS)

S. No.	Player No.	Player Name	Shots (✓ / ×) 1	2	3
1					
2					
3					

Team A Total Goals : ☐ Team B Total Goals : ☐

3. FINAL RESULT

Team	Full Time Score	Extra Time Score (5 Minutes)	Free Shoot Score (3 – 3)	Total / Final Score	Winner
Team A					
Team B					

OFFICIAL SIGNATURES

Court Referee 1 : _____ Signature : _____

Court Referee 2 : _____ Signature : _____

Scorekeeper : _____ Signature : _____

Timekeeper : _____ Signature : _____

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31. PLAYER SAFETY AND FAIR PLAY

31.1.Safety first — Players must control their movement, especially during jumps and landings.

31.2.No dangerous play — An action that creates a significant risk of injury may be penalized even if the exact action is not listed elsewhere.

31.3.Respect — Players must respect opponents, officials and teammates.

31.4.Medical — Competition organizers should provide appropriate first-aid and emergency arrangements.

31.5.Official application note: Officials should apply this rule consistently, prioritize safety and continuity, and record any material incident in the match report.

32. MATCH ADMINISTRATION AND STANDARD TIMING

32.1 Pre-match
Teams submit eligible player lists, identify the goalkeeper and complete equipment inspection.

32.2 Court inspection
Officials verify the 30 m × 15 m court, 3.20 m × 2.10 m goalposts, markings, net security and playing surface.

32.3 Post-match
Officials confirm the final score, penalties and required match data.

32.4 Official application
Officials apply the rules consistently and record material incidents in the match report when required.

32.5 Sub-Junior Boys and Girls
Standard playing time: 20 minutes + 10-minute half-time interval + 20 minutes.

32.6 Junior Boys and Girls
Standard playing time: 25 minutes + 10-minute half-time interval + 25 minutes.

32.7 Senior Men and Women
Standard playing time: 25 minutes + 10-minute half-time interval + 25 minutes.

32.8 Mixed-format contact standard
When a match is designated Mixed Jumpball, no body contact is permitted in any zone. Only legal non-contact screening is allowed.

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32.9.MIXED (MENS & WOMENS) PLAY

A. Mixed format — Jumpball may be played as a mixed-gender format in which boys and girls participate together on the same team, subject to the competition's eligibility regulations.

B. Contact standard — Mixed Jumpball is strictly non-body-contact. Body touch is prohibited in all zones, including the Soft Zone.

C. Screening — Only legal screening/space creation is permitted. A screen must not involve body contact, pushing, holding, locking, striking, charging or any other physical contact.

D. Uniform safety — The mixed format does not alter the core possession, bounce, step, shooting, goalkeeper or landing rules.

32.10. JUMBALL – Team Composition & Playing Strength

A. National Team – Men/Women

* Total squad: 12 players
* Playing on court: 5 players — 4 Court Players + 1 Goalkeeper
* Remaining 7 players will be substitutes.

B. International Team – Men/Women

* Total squad: 16 players
* Playing on court: 5 players — 4 Court Players + 1 Goalkeeper
* Remaining 11 players will be substitutes.

C. National Mixed Team

* Total squad: 12 players
* 6 Boys + 6 Girls
* Playing on court: 5 players, with the required male/female combination as prescribed for the Mixed category.
* Remaining players will be substitutes.

D. International Mixed Team

* Total squad: 16 players
* 8 Boys + 8 Girls
* Playing on court: 5 players, with the required male/female combination as prescribed for the Mixed category.
* Remaining players will be substitutes

33. COMPETITION REGULATIONS

33.1.Authority — A tournament organizer may publish competition regulations that supplement these rules without changing the core identity of the sport.

33.2.Uniformity — Any local modification must be announced before the competition and applied equally to all teams.

33.3.Age groups — Youth categories may use modified match duration or equipment when formally published.

33.4.International play — International competitions should use standardized rules, approved equipment and certified officials.

33.5.Official application note: Officials should apply this rule consistently, prioritize safety and continuity, and record any material incident in the match report.

34. PROTESTS AND DISCIPLINARY PROCEDURE

34.1.Protest — A team may submit a formal protest only through the procedure and time limit published by the competition.

34.2.Evidence — A protest should identify the rule, decision or administrative issue in question and provide available supporting evidence.

34.3.Discipline — Serious misconduct may be referred to the competition disciplinary authority.

34.4.Respect for decisions — Teams must continue to behave respectfully while a protest is considered.

34.5.Official application note: Officials should apply this rule consistently, prioritize safety and continuity, and record any material incident in the match report.

35. COACHING AND TECHNICAL AREA

35.1.Coach — The coach may instruct players from the designated technical area.

35.2.Conduct — Coaches must not enter the playing area without authorization or interfere with officials.

35.3.Substitution control — The coach and team staff must follow the official substitution procedure.

35.4.Player welfare — Coaches are responsible for promoting safe warm-up, hydration, fair play and responsible competition behaviour.

35.5.Official application note: Officials should apply this rule consistently, prioritize safety and continuity, and record any material incident in the match report.

36. QUICK REFERENCE — COURT AND TEAM

Court
30 metres × 15 metres.

Goalpost
3.20 metres wide × 2.10 metres high; depth 0.80 metres as specified in the equipment diagram.

Goalkeeper Area
From the goal line to the 5.75-metre curved line.

Attack Zone
Between 5.75 metres and 8.75 metres from the goal line; legal outfield scoring zone worth 1 point.

Danger Zone
Between the 8.75-metre line and the Centre Circle; legal scoring zone worth 2 points.

Centre Circle
1.50 metres in diameter; a legal Jump Shot released from within it is worth 3 points.

Team
Five players on court: one goalkeeper and four court players.

INTERNATIONAL JUMPBALL FEDERATION

36. QUICK REFERENCE — CORE RULES

Ball holding time
Maximum 3.5 seconds from clear control.

Steps
Maximum three steps while holding the ball; a fourth step is a violation.

Bounce/dribble
Deliberate bouncing or dribbling is prohibited.

Scoring
Every goal must be scored by a Jump Shot with the ball released while the shooter is airborne.

Landing
The shooter must land outside the Goalkeeper Area (inside the goal-line-to-5.75-metre boundary).

After a goal
The conceding team’s goalkeeper restarts from the 7.50-metre Restart Circle. All outfield players remain behind the 8.75-metre Danger Line until the ball is released.

Time-outs
Maximum four per match: up to two in each half; unused first-half time-outs do not carry over. A request is permitted only when the requesting team has attacking possession.

INTERNATIONAL JUMPBALL FEDERATION

I. Goalkeeper Throw Zone

The Goalkeeper Throw Zone is a specially marked area in front of the goalpost.

A 90 cm section shall be marked on both sides from the goalpost line.

From these two points, a 1.50 m straight line shall extend on both sides.

Using the center point of the goalpost as the center, a 2.90 m radius semicircle shall be drawn.

The semicircle shall connect with the two 1.50 m straight lines.

The complete area formed by these markings shall be known as the Goalkeeper Throw Zone.

37. APPENDIX — OFFICIAL DEFINITIONS

Attacker
A court player attempting to advance the ball or create a scoring opportunity.

Blocker
A defender attempting to block or intercept the ball without prohibited contact.

Goalkeeper
The designated player who defends the goal within the Goalkeeper Area and performs authorized throws/restarts.

Goalkeeper Area
The area from the goal line to the 5.75-metre curved line.

Attack Zone
The band from 5.75 metres to 8.75 metres from the goal line; legal outfield zone, worth 1 point for a legal Jump Shot.

Danger Zone
The band from the 8.75-metre Danger Line to the Centre Circle; worth 2 points for a legal Jump Shot.

Jump Shot
A shot released while the shooter is airborne, with legal landing required.

Free Shoot
A special Jump Shot awarded for qualifying illegal interference, taken from the designated 7.50-metre circle.

INTERNATIONAL JUMPBALL FEDERATION

I. Interpretation — In case of ambiguity, the governing body should issue an official interpretation and publish it as an amendment to this rule book.

J. Official Application Note — Officials should apply this rule consistently, prioritize safety and continuity, and record any material incident in the match report.

37. APPENDIX — GOALKEEPER THROW ZONE

Ground marking

The Goalkeeper Throw Zone is marked at both goalposts. Mark 90 cm from each side post, extend a 1.50 m straight line from each point toward the Centre Circle, then connect the markings with the specified 2.90 m curved line as shown in the court diagram.

Use after a save

After a save, the goalkeeper must pass or throw from within the designated Goalkeeper Throw Zone. The goalkeeper’s foot must not cross the 2.90 m boundary at the moment of release.

Violation

If the goalkeeper throws from outside the designated Throw Zone after a save, possession is awarded to the opposing team by the prescribed restart.

Separate goal restart

This Throw Zone is not the 7.50-metre Restart Circle used by the goalkeeper after a goal. The two areas serve different purposes.

INTERNATIONAL JUMPBALL FEDERATION

38. UNIFORM REGULATIONS

1. PLAYERS' KIT

- Sleeveless T-shirt / Jersey with Half Pant (Shorts) shall be permitted for Jumpball players.
- The player's Number shall appear on both the Front and Back of the jersey and must be clearly visible.
- The player's Name may be displayed on the Back of the jersey.
- The Team Name shall be displayed on the Back of the jersey.
- The word "JUMPBALL" together with the Official Jumpball Logo shall be compulsory on the Front of the jersey.
- The Federation/Organization Logo and, where applicable, the Country Logo/Emblem may be displayed in accordance with competition regulations.
- Team members shall wear uniform colours and designs that are consistent and clearly distinguishable.

2. GOALKEEPER'S KIT

- The Goalkeeper shall wear a Full-Sleeve T-shirt/Jersey and Full Lower (Full-Length Sports Trouser).
- The Goalkeeper's Number shall appear on both the Front and Back.
- The Goalkeeper's Name may be displayed on the Back, together with the Team Name.
- The Front shall carry "JUMPBALL" and the Official Jumpball Logo.
- The Goalkeeper's uniform colour must be clearly different from the uniforms of the other players and easily identifiable.

3. REFEREE'S UNIFORM

• Referees shall wear an official collared Full T-shirt / Referee Shirt.

• Half Pant (Shorts) shall be worn by referees.

• Official Sports Shoes and Sports Socks shall form part of the referee uniform. • The official IJF / Federation Logo shall be displayed on the referee shirt.

• A whistle and other approved referee accessories shall be permitted as part of the official referee equipment.

• The referee uniform shall be clearly distinguishable from the uniforms of players and goalkeepers.

4. SUPPORT STAFF / TEAM OFFICIALS

• Coaches, Managers, Physiotherapists and other authorized team officials shall wear an official Polo/ Full T-shirt with Track Pant or approved Sports Lower.

• "JUMPBALL" and the Official Logo may be displayed on the front, with Federation/Organization/Country identification as permitted.

• Designations such as COACH, MANAGER, PHYSIO or OFFICIAL may be displayed for identification.

5. SECURITY / SUPPORT PERSONNEL

- Security Guards and authorized support personnel shall wear a distinct official Security/ Support uniform.
- The uniform may consist of a Full-Sleeve Shirt/T-shirt and Full Lower/Cargo or Track Pant.
- The word “SECURITY” or the appropriate designation shall be clearly visible.
- Organization/Federation identification may be displayed where appropriate.

6. MANDATORY FRONT & BACK IDENTIFICATION

UNIFORM ITEMS	FRONT	BACK
Players	JUMPBALL+ Official Logo+ Number	Number +Team Name+ Player Name(permitted)
Goalkeeper	JUMPBALL+ Official Logo+ Number	Number +Team Name+ Player Name(permitted)
Referee	IJF / Federation Logo	Official identification as prescribed

MANDATORY RULE: For every official Jumpball player, the Front of the jersey must carry the word *"JUMPBALL"* together with the Official Jumpball Logo. The player Number must be visible on both Front and Back.

These regulations are intended as an official uniform framework for Jumpball competitions and may be supplemented by specific event regulations issued by the International Jumpball Federation (IJF).

39. STANDARD SIGNALS & HAND SIGNALS

Goal

The referee confirms the goal and signals the awarded score: one, two or three points.

Free Shoot

The referee indicates the designated 7.50-metre Free Shoot circle and the direction of play.

3.5-second violation

The referee uses the approved time signal and indicates the violation.

Three-step violation

The referee indicates a step violation with the approved walking/step gesture.

Illegal bounce / foot play

Use the approved technical-violation signal; no signal or guide may suggest that deliberate bouncing is permitted.

Restart after goal

The referee indicates the 7.50-metre Restart Circle. All outfield players must remain behind the 8.75-metre Danger Line until the goalkeeper releases the ball.

INTERNATIONAL JUMPBALL FEDERATION

40.1 PLAYING POSITIONS

In Jumpball, each team shall consist of 5 players on the court. The official playing positions are:

1.Goalkeeper (GK)

2.Left Middle (LM)

3.Right Middle (RM)

4.Left Angle (LA)

5.Right Angle (RA)

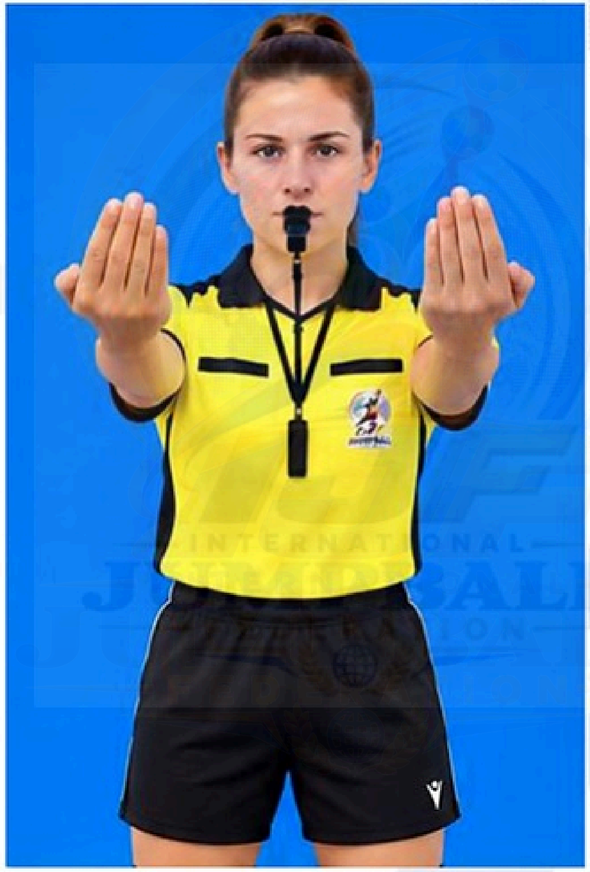
40.1.1 Each player shall perform their role according to the team's playing formation and strategy.

40.1.2 The Goalkeeper (GK) shall be responsible for defending the goal and shall follow all applicable Goalkeeper Area rules.

40.1.3 The Left Middle (LM), Right Middle (RM), Left Angle (LA), and Right Angle (RA) shall be outfield players responsible for passing, screening, attacking, defending, and attempting to score through the Jump to Score rule.

40.1.4 Players may change their positions during play, provided that all other Jumpball rules are followed.

HAND SIGNALS



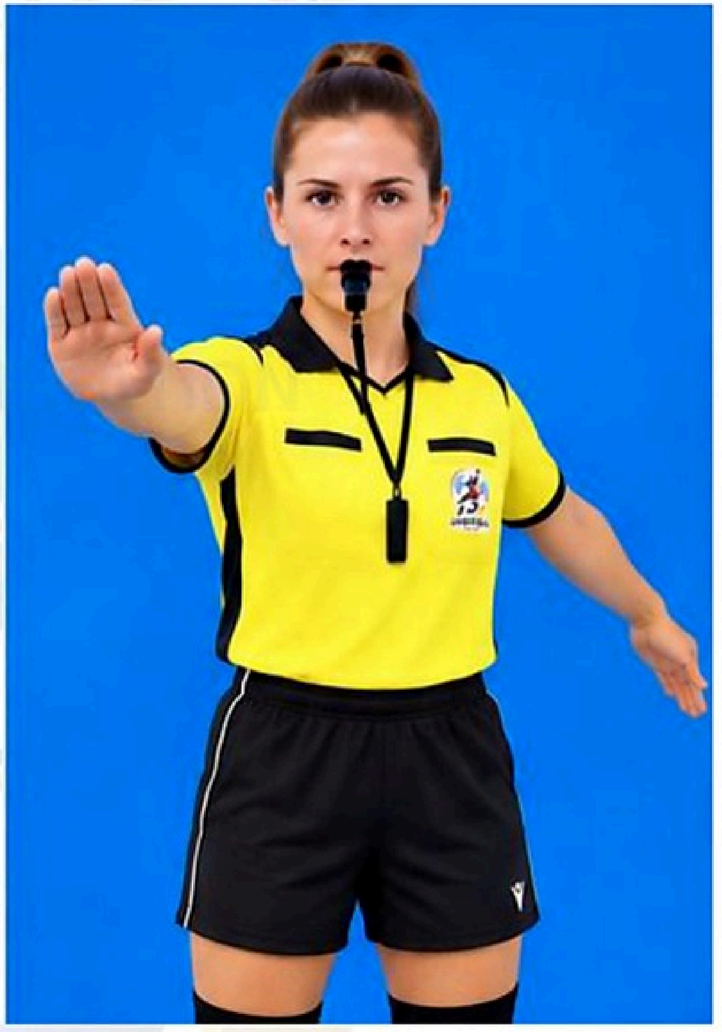
1.ENTERING THE COURT AREA



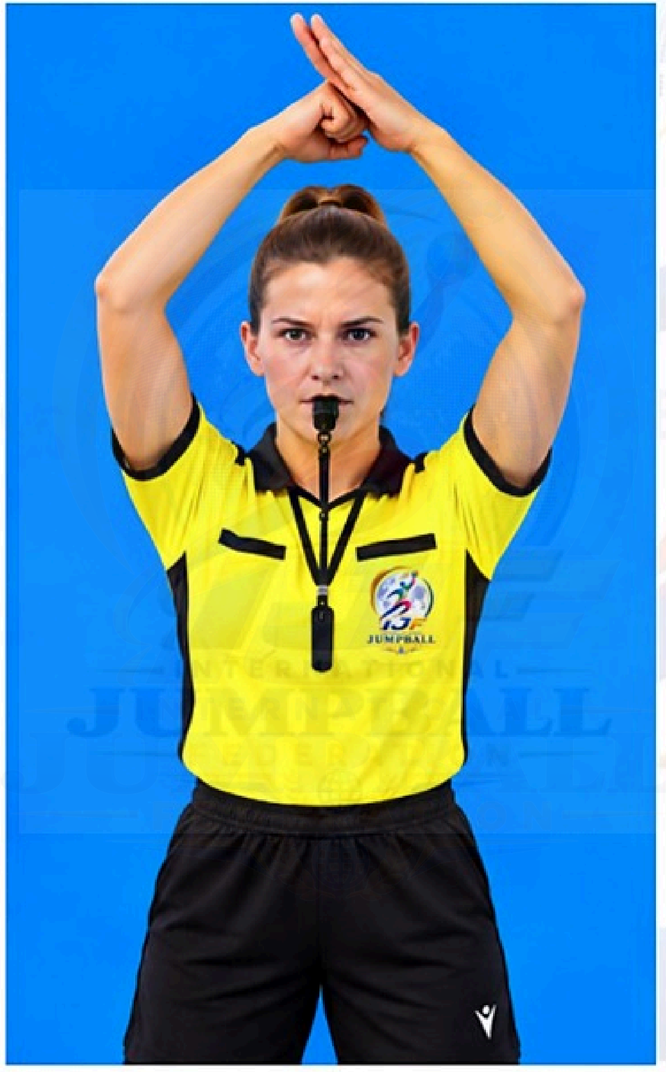
2. MAXIMUM HOLDING THE BALL 3.5 SECONDS



3. PASSIVE PLAY



4. GOALKEEPER THROW



5. FREE SHOOT



6. PUSHING

HAND SIGNALS — TECHNICAL VIOLATIONS

Cards

Use the approved warning, suspension and disqualification signals according to Rule 28.

Illegal bounce

Signal a technical violation for deliberate bouncing/dribbling. The term “Deflected Bounce” must not be used to imply that one controlled bounce is permitted.

Foot play

Signal Illegal Foot Play when a player deliberately kicks or controls the ball with the foot/leg.

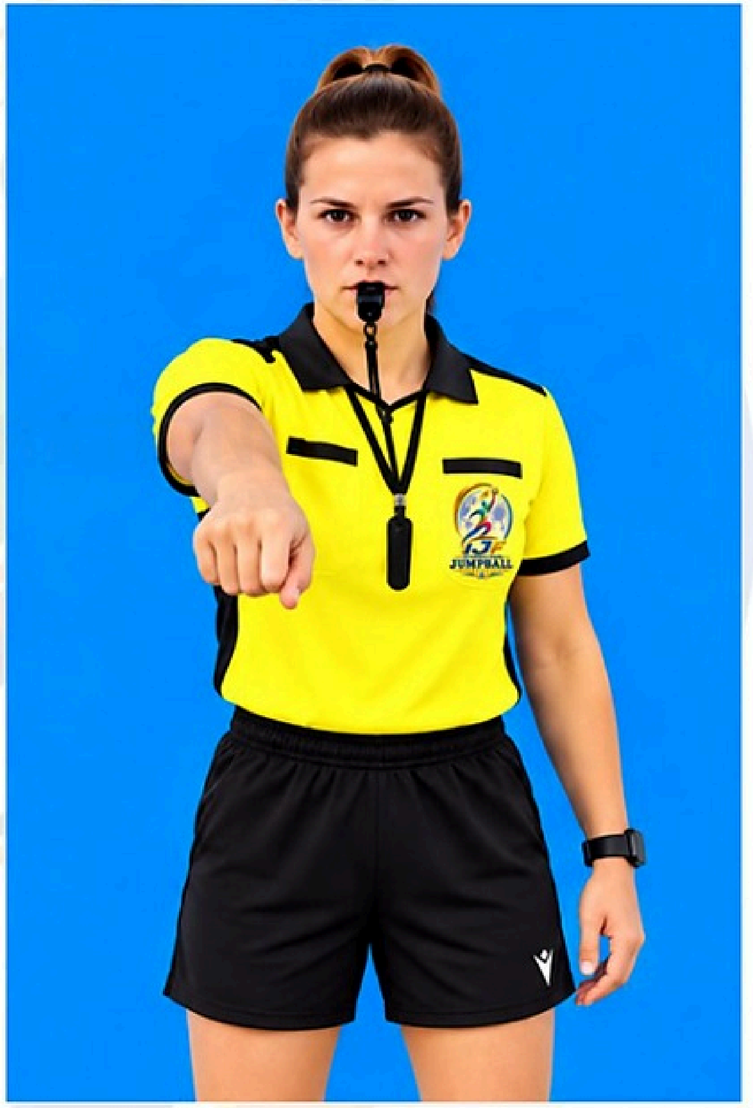
Consistency

The illustrated signals must match the wording in Rules 11, 13, 25 and 39. Any signal illustration that cannot be interpreted clearly should be redrawn before publication.

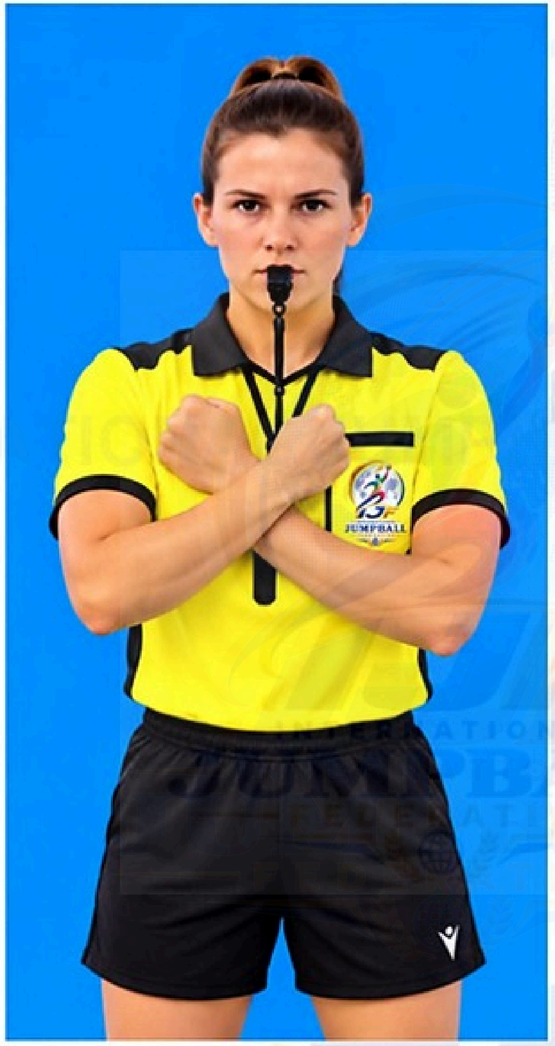
INTERNATIONAL JUMPBALL FEDERATION



9. JERSEY PULLING



10. MATCH START



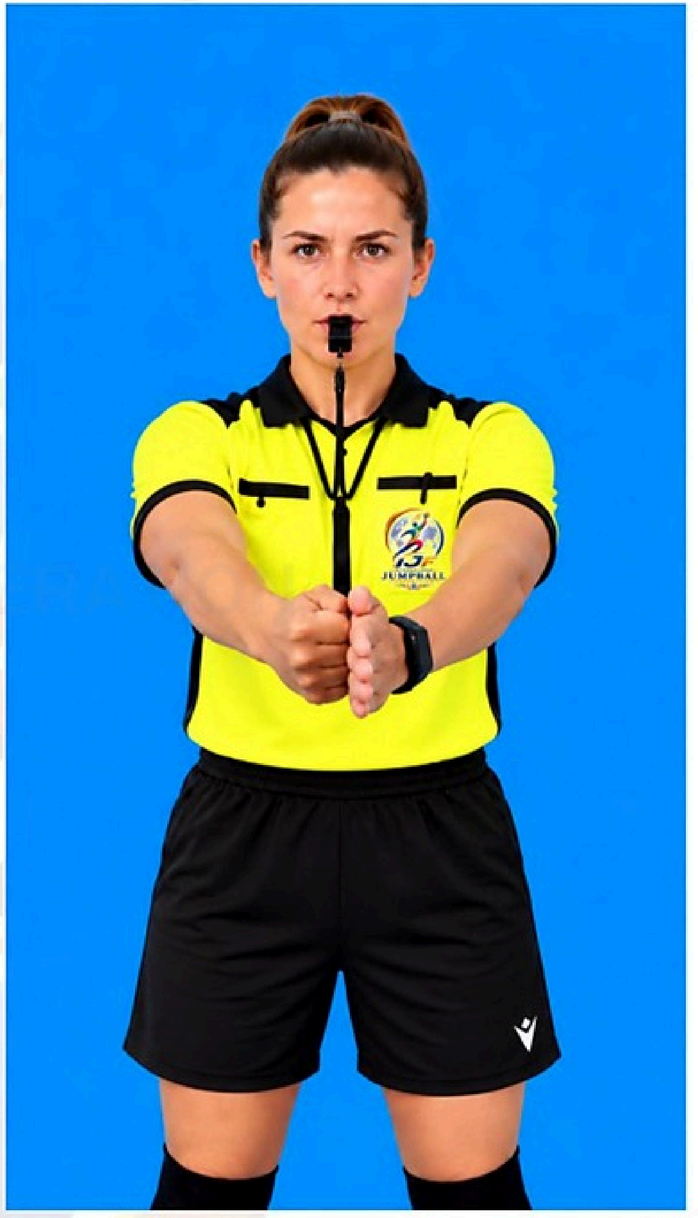
11. TECHNICAL TIME OUT



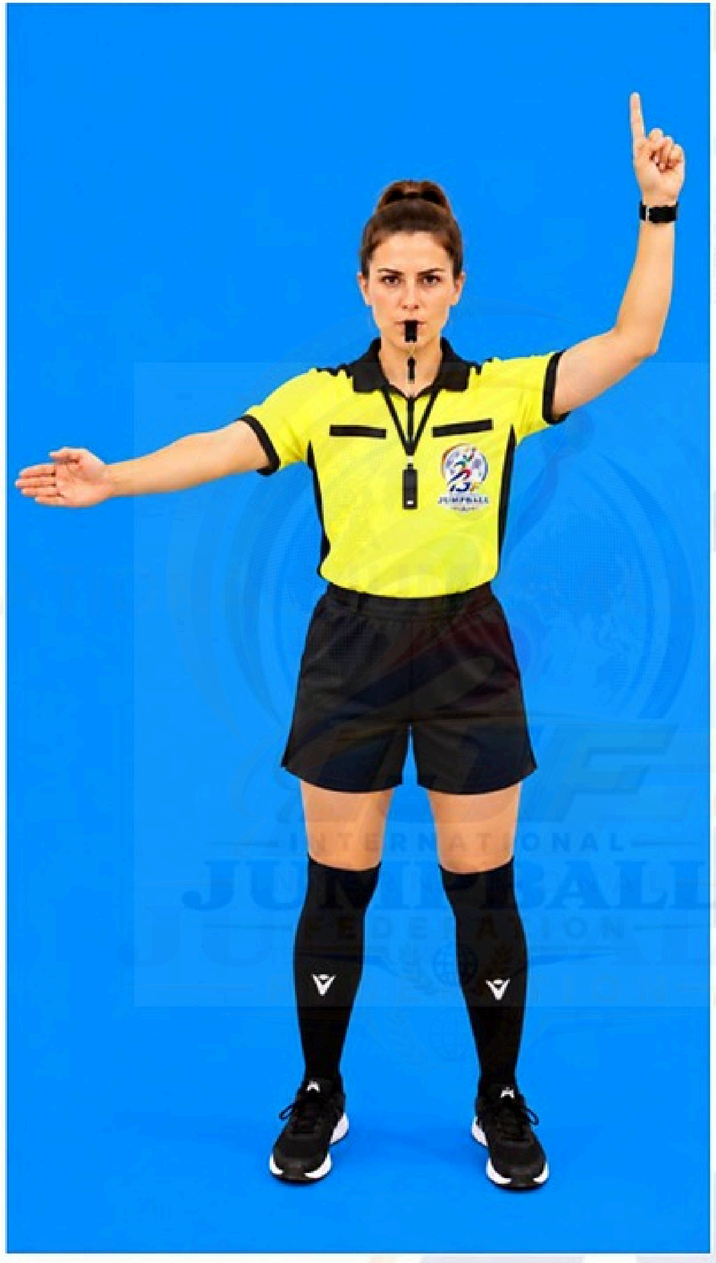
12. LOWER CONTACT (BELOW THE KNEE)



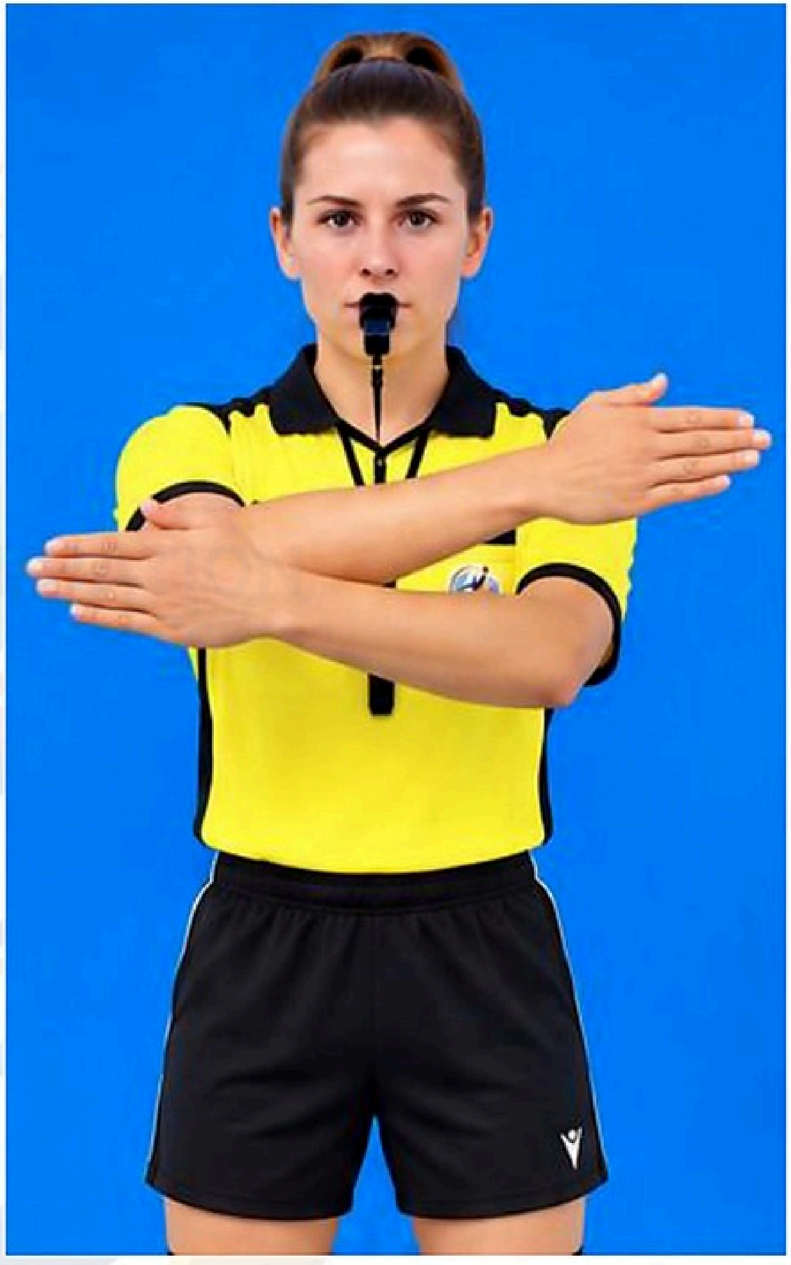
13. 1 MINUTE 30 SECONDS SUSPENSION



14. HITTING (IIIEGAL CONTACT)



15. ONE PASS



16. SIDE CHANGE

HAND SIGNALS — LINE CROSSING / STEP VIOLATION

Line crossing

Use the approved signal when a player illegally enters the Goalkeeper Area or crosses a restricted line.

Three-step violation

Use this signal when a player takes a fourth step while retaining the ball.

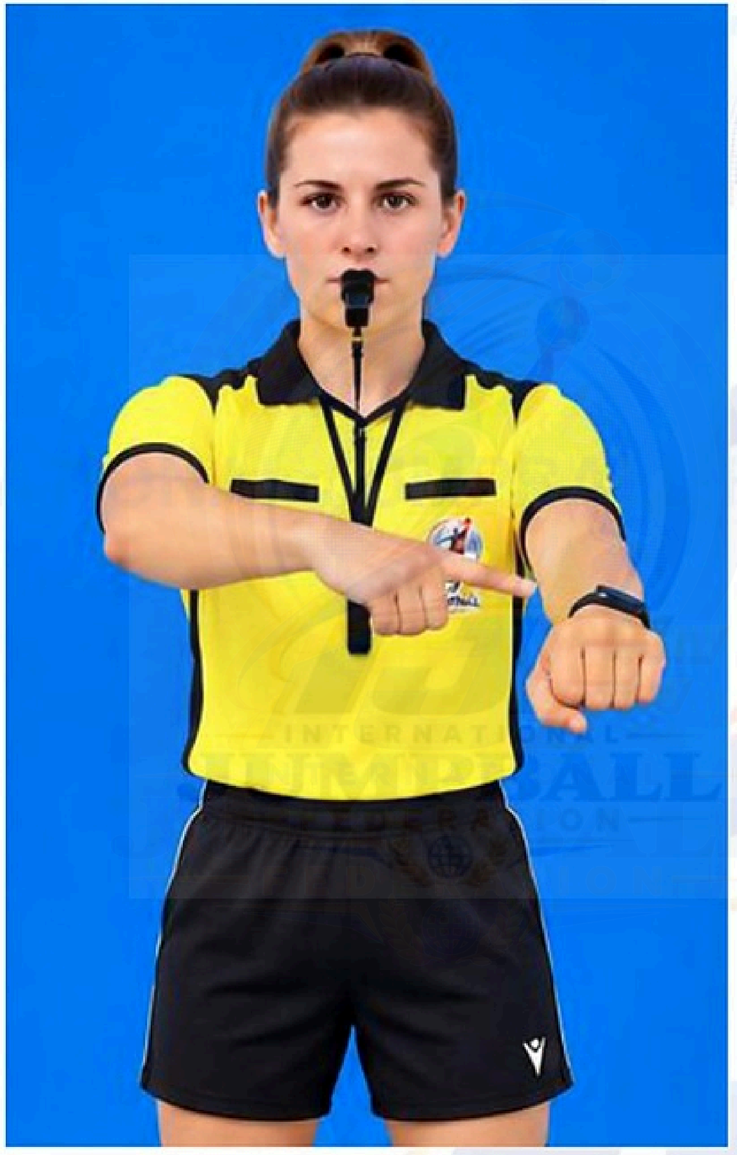
Do not confuse running and steps

Running as an approach is permitted only if the player stays within the three-step limit while holding the ball. The defining scoring action must still be a Jump Shot.

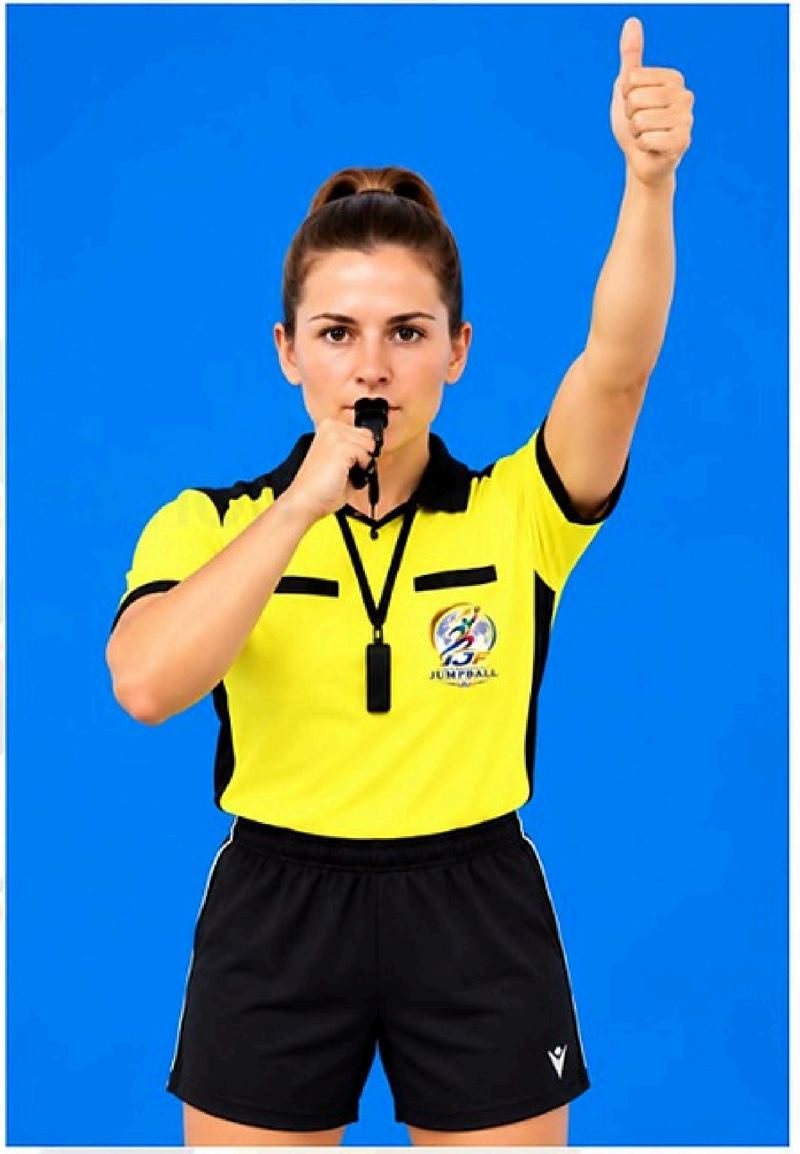
Official application

The signal labels and illustrations must match the rule text and must not describe the three-step violation as “running more than three steps” if the violation is specifically a fourth step while holding the ball.

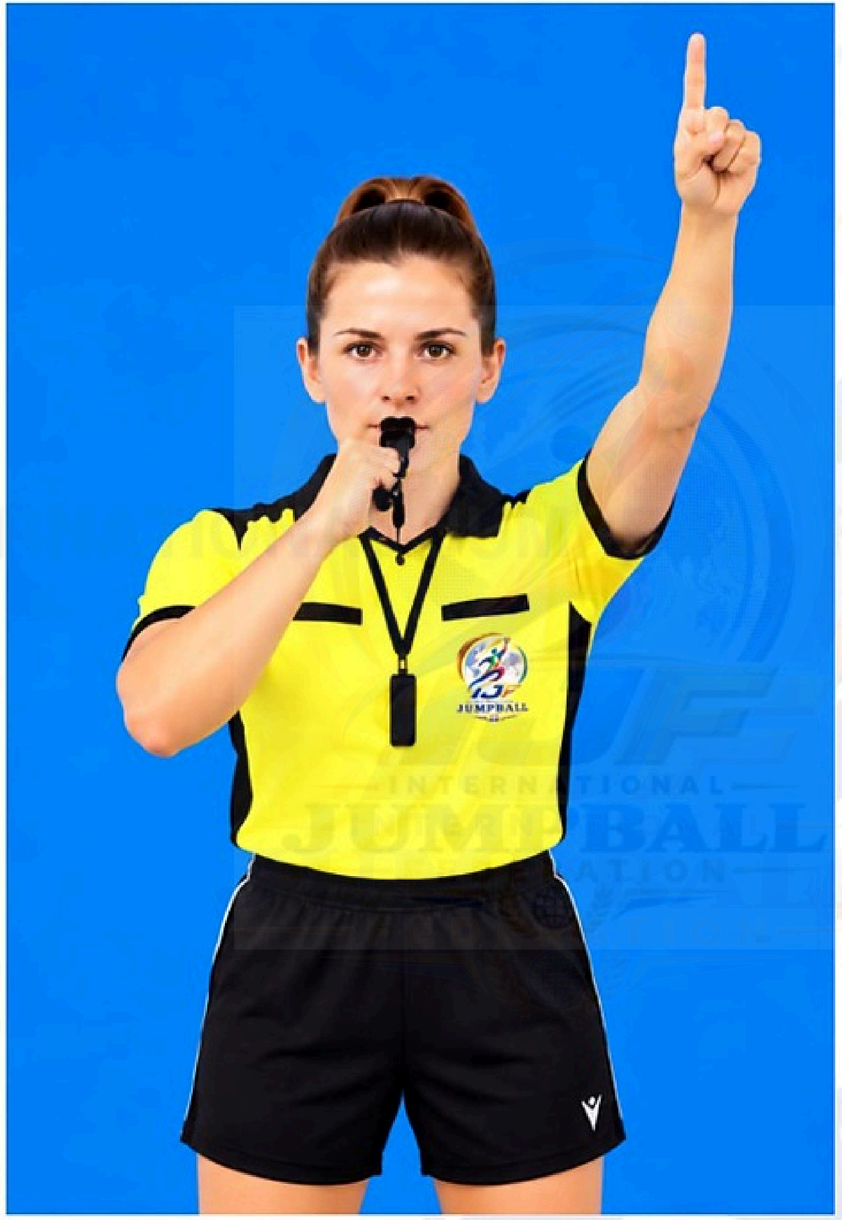
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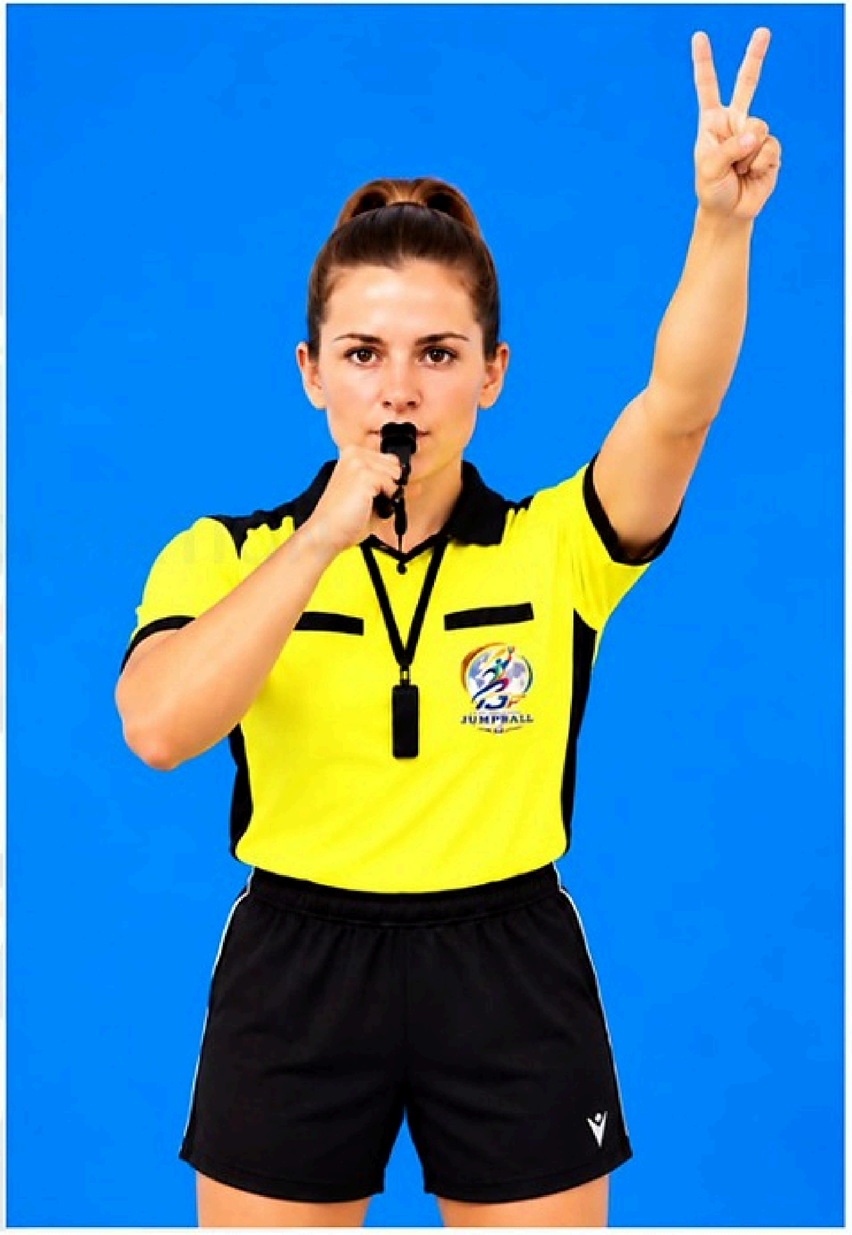
19. TIME OUT



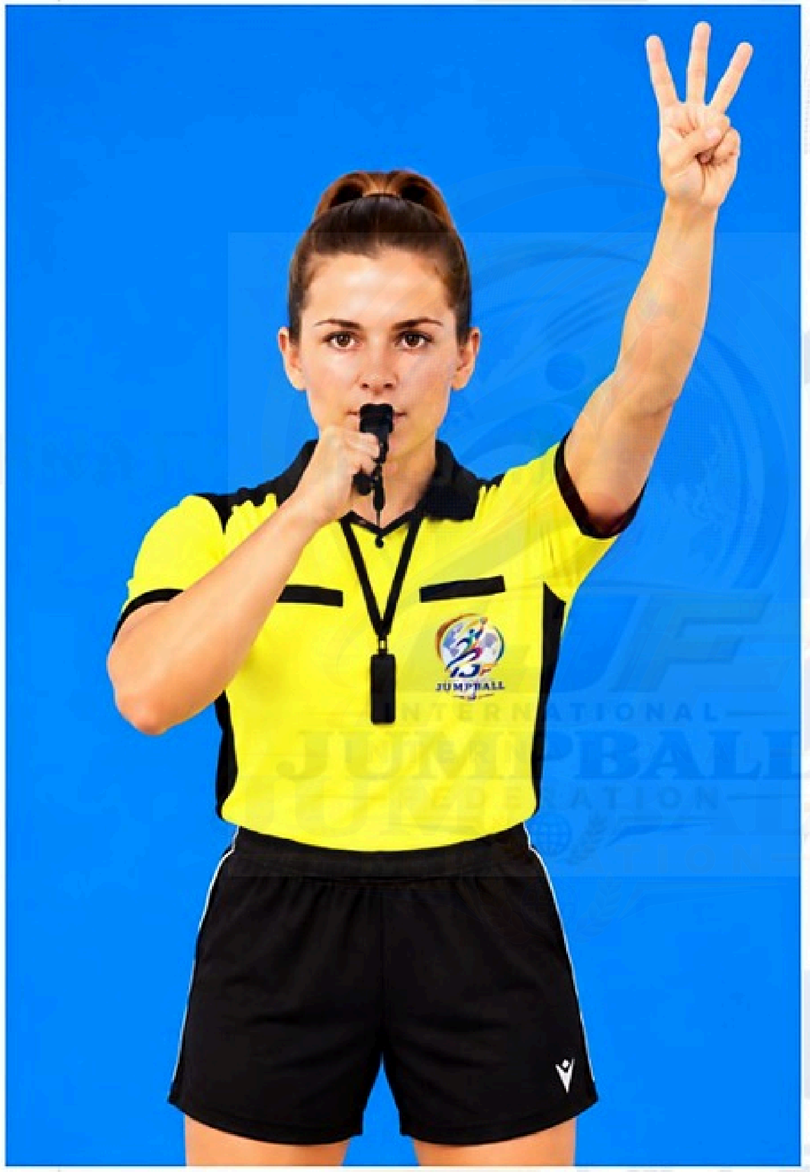
20. GOAL SIGNAL



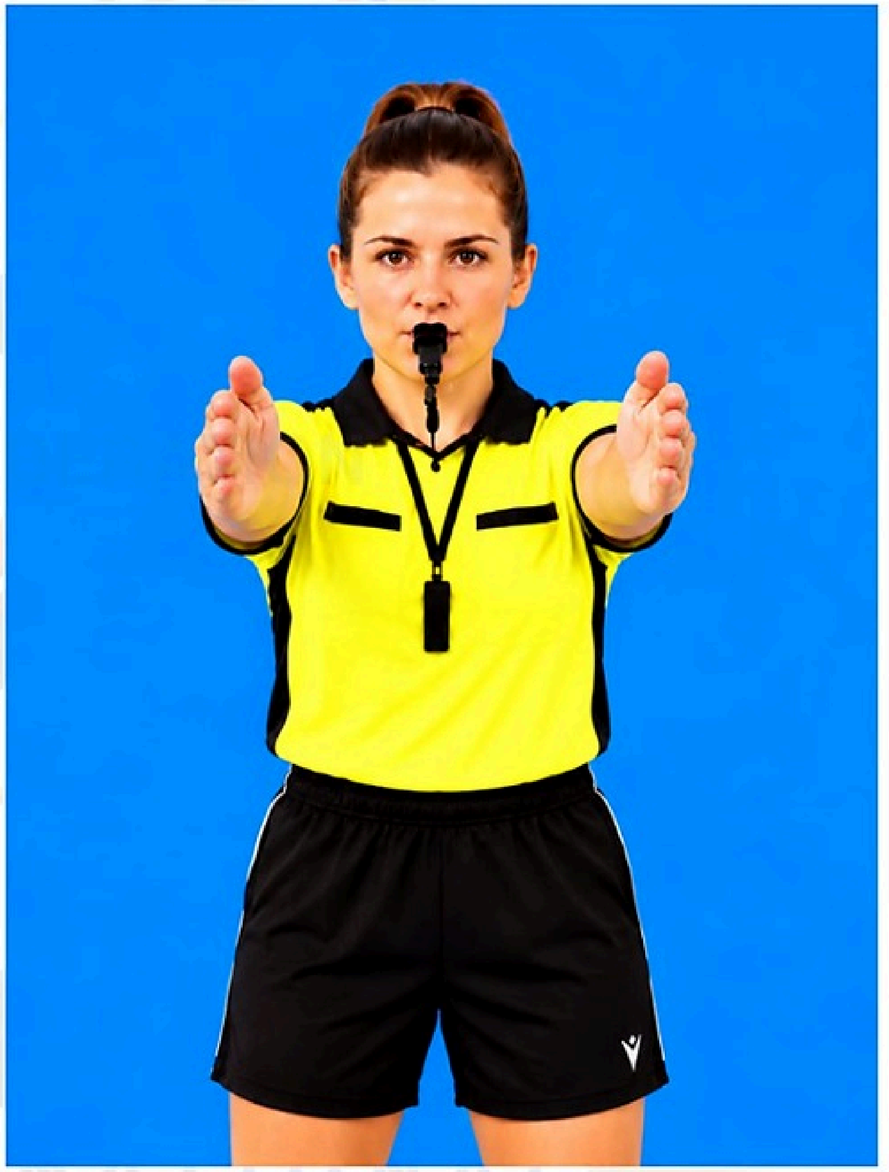
21.One point



22. Two point



23.Three point



24. Match end

APPENDIX B — MATCH-DAY REFEREE CHECKLIST

Court and goals

Measure the court at 30 m × 15 m. Confirm the 1.50 m Centre Circle, 5.75 m Goalkeeper/Attack Line and solid 8.75 m Danger Line at both ends.

Restart Circle

Confirm the 7.50 m Restart Circle and its 1 m diameter (50 cm radius).

Equipment

Check that both 3.20 m × 2.10 m goals are secure, nets are safe, the ball is fit for play and uniforms/footwear comply.

Officials

Verify team lists, goalkeeper identity, scorer, timekeeper and referee crew.

Rules briefing

Explain the 3.5-second limit, three-step limit, no deliberate bounce, mandatory Jump Shot, scoring zones and Free Shoot procedure.

After-goal restart

Remind teams that the conceding goalkeeper restarts from the 7.50 m circle and all outfield players stay behind the 8.75 m line until release.

Competition variations

Any formally approved event variation must be announced to both teams before play.

INTERNATIONAL JUMPBALL FEDERATION

APPENDIX C — QUICK PLAYER GUIDE / APPENDIX D — COACHING PRINCIPLES

Player guide

Catch and control the ball. Hold for no more than 3.5 seconds. Take no more than three steps while holding it. Do not deliberately bounce or dribble the ball. Do not deliberately control the ball with the foot.

Zones and scoring

Attack Zone (5.75–8.75 m): 1 point. Danger Zone (8.75 m to Centre Circle): 2 points. Centre Circle: 3 points. Every goal must be a Jump Shot.

Landing

Release the ball while airborne and land outside the Goalkeeper Area. Safe landing and no-contact play take priority.

After a goal

The conceding goalkeeper restarts from the 7.50 m Restart Circle. All outfield players stay behind the 8.75 m Danger Line until the ball is released.

Coaching principles

Teach safe jumping and landing before power. Practice 3.5-second and three-step limits. Practice passing and legal non-contact screening. Train goalkeepers to save within the Goalkeeper Area and to use the correct Throw Zone/Restart Circle for each situation.

INTERNATIONAL JUMPBALL FEDERATION

APPENDIX E — RULE AMENDMENT LOG

Edition 1.1 — Corrected draft

This edition consolidates the stated Jumpball rules and corrects identified internal inconsistencies in the main rules, scoring definitions, restart procedure, quick guide, coaching guide and referee references.

Core standardized rules

Court: 30 m × 15 m. Goal: 3.20 m × 2.10 m. Holding limit: 3.5 seconds. Maximum steps: three. Deliberate bounce/dribbling: prohibited. Goal after a Jump Shot only.

Scoring zones

Attack Zone 5.75–8.75 m = 1 point. Danger Zone 8.75 m to Centre Circle = 2 points. Centre Circle = 3 points. Shooter must land outside the Goalkeeper Area.

Goal restart

After a goal, the conceding goalkeeper restarts from the 7.50 m Restart Circle. All outfield players remain behind the 8.75 m Danger Line until the goalkeeper releases the ball.

Approval status

This is a corrected draft for IJF review. The governing body should formally approve the rules, effective date and edition before describing it as the final international rule code.

Future amendments

Every future amendment should record the date, affected rule/page, reason and effective date. All appendices, signals and scoresheets must be updated with the same wording.

INTERNATIONAL JUMPBALL FEDERATION

PLAY • PASS • JUMP • TOGETHER

SPORT BEYOND BOUNDARIES

INTERNATIONAL JUMPBALL FEDERATION

A GLOBAL PLATFORM FOR A BRIGHTER TOMORROW



MR. RAM PRAVESH KUMAR
(R. P. KUMAR)

FOUNDER & PRESIDENT

INTERNATIONAL JUMPBALL FEDERATION

PEOPLE INCLUSION OPPORTUNITY | DISCIPLINE FOR EXCELLENCE | HEALTHIER SOCIETIES | UNITY THROUGH SPORT

JUMPBALL
A BRIGHTER TOMORROW