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(WORLD HAMMER BALL)

1. Founder Message

The country of India is imbibing different culture, language-style, dialect, food and customs, similarly the people of India have been entertaining themselves for a long time by playing different regional games indifferent provinces. There was also a time in India when people used to play games like archery, fencing, wrestling, horse racing, etc to entertain themselves. Many of these sports have been successful in saving their existence today by incarnating in a new avatar, while there are some such rural, regional, regional sports which are still waiting for a Bhagirath or should be said that they have been lost somewhere in today's modern cause.

There are many such indigenous and traditional games of the country of India which are also being played in the world table, such as KhoKho, Kabaddi, Chess, etc., which were once played in different states in India under different names. All these games are indigenous games, which started from India and have become the first choice of many big countries today.

The origin of HammerBall game is also from an indigenous and traditional game. It is being played in different rural areas with different names like Kani, Guchhi Danda, Pilappado in North India, while this game has been known as Red Brick, Lupo, Ball Tonk in West India. This game is being played almost all over the country for the last seven to eight decades with minor rule changes. Now, Hammer Ball game will become a common platform for everyone not only in India but all over the world with one name and one mark with one terminology and rules. This book is designed to understand the rules of Hammer Ball game. This game is a unique game played between two teams, whose complete information like rules of the game, size and type of ground etc. are clearly presented in the next page.

Jai Hind Jai Bharat!



2. What is HammerBall?

HammerBall game is a very attractive, exciting and completely safe game. It is played with a 'Hammer' made of a special type of wood. It is a field game played between two teams. In each team, there are 18 players, 15 players play in the field and 03 extra players are for substitution during the match.

The playing field is circular in shape and the playing area is triangular, which is called 'Thrower Area'. There are 1.5 x 2 meters rectangular boxes in all the three corners of the Thrower area. These are called the 'Hitter Zone'.

The thrower throws the ball to the hitters from their designated position in thrower area called 'Thrower Zone' one by one in clockwise direction and the hitters strike the ball from their own hitting zone. The ball travel to different parts of the ground, where the hitter and his team get 'Auto Score Point' 2, 4, 8 according to the area ball reached. Along with autoscoring, hitters run between their hitting zones to score 'Cycle Run' for themselves and their team.

In a HammerBall match, each team gets 06, 08, 10 and 12 units to play. This game is more exciting to play and watch. The game can be played on any type of ground and in any weather. This game can be played during the day or night. The goal of this game is to enhance the physical, mental, and behavioral abilities of the players. This game is played in both men's and women's categories. It is a cheap and injury free sport.



3. Technical Specifications:

Technically this game is completely different from other games. This playground differentiates itself from other games. The Hammer Ball and protective armor used in this game make the game attractive as well as exciting.

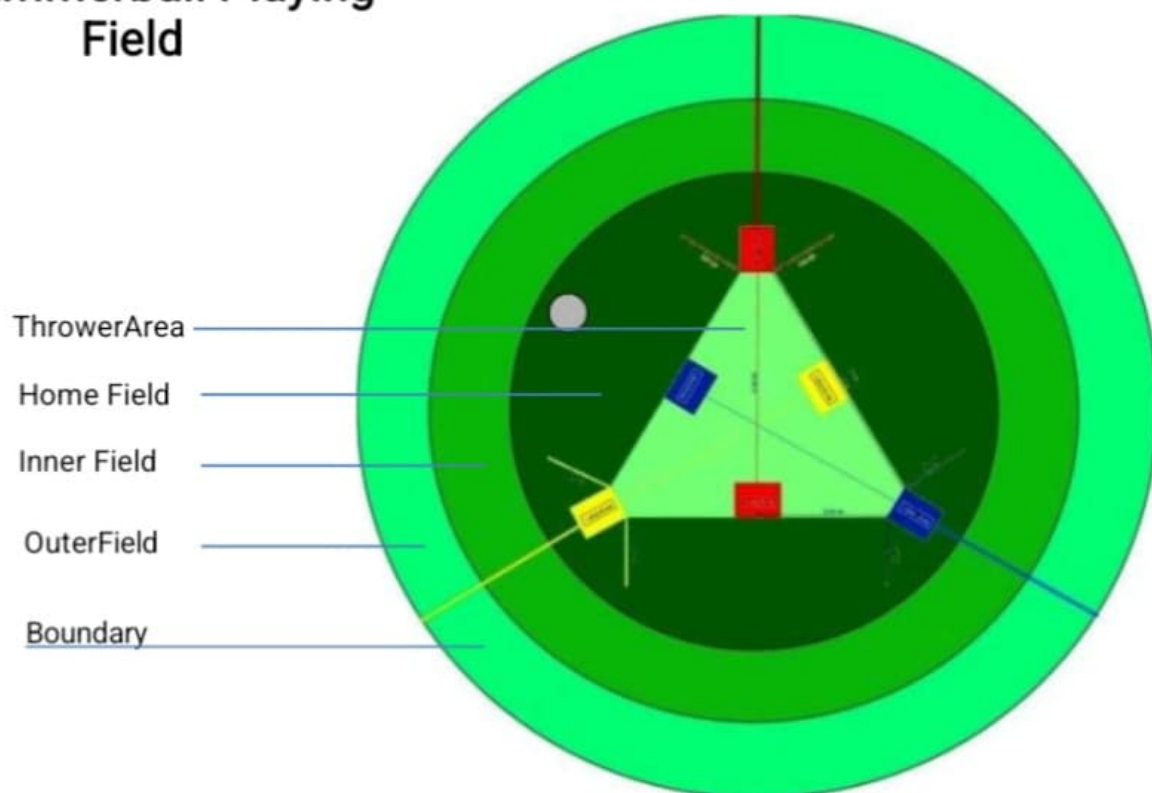
Technically, the design of hammer helps hitters to deliver hits. The hammer is made using strong and light wood as well as with technical parameters. Its design helps hitters to deliver big, powerful long hits.

The ball used in HammerBall game is specially designed for this game, consisting of two layers of solid material and rubber. The weight of the ball ranges from 90 grams to 120 grams in different sports categories. The sport itself is injury free as the outer layer of the ball is soft. The special material and rubber present inside the ball makes the ball strong and heavy. The outer layer of the ball is made of a technical composition that is attractive as well as provides a firm grip.

The guards used in HammerBall game are made light and strong, with which it is easy to run in the field. Raksha Kavach has been designed technically, so that it can easily protect the body completely. The ground is marked with disc, small & medium size cones & small flags for clear visibility of different playing fields.



4. Hammerball Playing Field



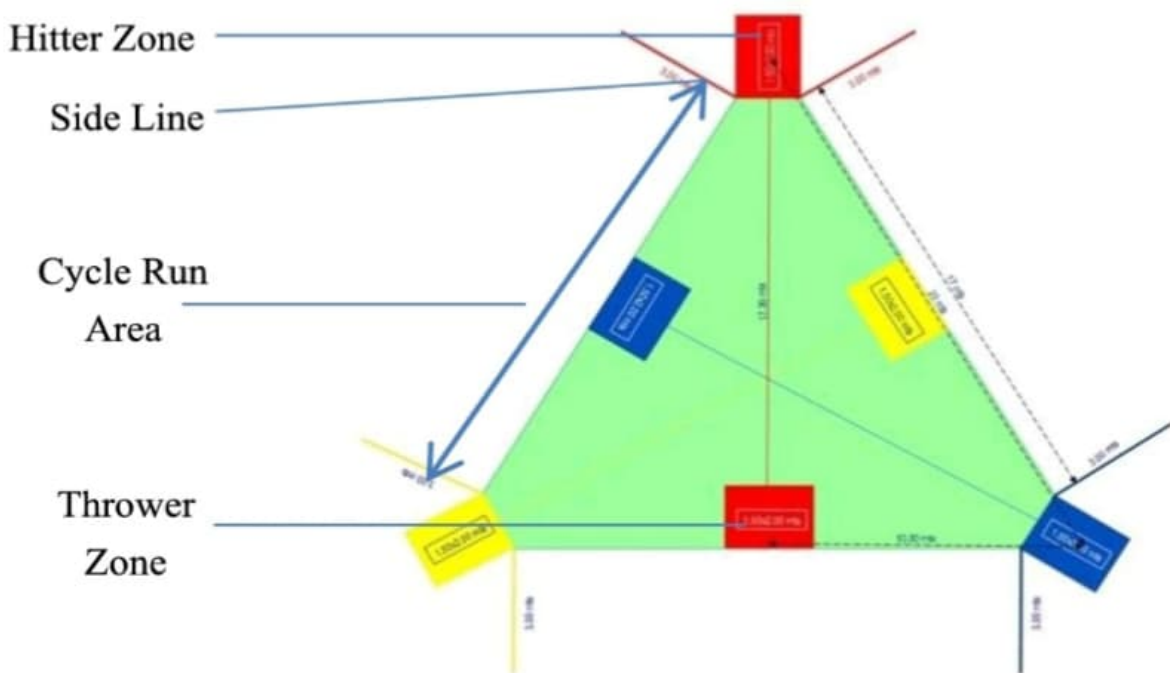
Parts of a HammerBall Playground:

1. Thrower Area
2. Home Field
3. Inner Field
4. Outer Field

The Hammer Ball playing field is circular in shape with outer boundary of 40 to 60 meters radius from the center point (5.80 m) for sub junior, junior and senior age groups. 'Home Field' of 20 meters & 'Thrower Area' for all age groups remains same. 'Inner Field' and 'Outer Field' are 30-40 meters and 40-60 meters respectively according to the age groups. The line outside the outer field is called the boundary. From the middle part of the three lines of 20 m, a center point of 5.80 m is taken and the three circles are formed with a radius of 20 – 30 – 40 or 20 – 40 – 60 m, which are known as Home Zone, Inner Defending Zone and Outer Defending Zone respectively. The size of the Hammer Ball playground is the same for boys and girls age group. Hammer Ball game is a game played on any flat surface.



5. Hammer Ball Thrower Area:



HammerBall Thrower Area is a triangular area in the middle of the playing field. It is situated in the middle of the field. All the three sides of the triangle are of 20 metres. The width of the line of the thrower area is 5cm. There is a rectangular quadrilateral of 1.5×2 meters in all three corners of the triangle, which is called 'Hitter Zone'. There is 3 meters long line on 90° attached to both sides of all three hitting zones. These are called 'Side Line'. The distance between the two hitting zones is 17 metres, which is called the 'Cycle Run Area'. While there are three hitting zones in the thrower's area, there are also three 'Thrower Zones'. All three thrower zones are located in the middle (10m) of the Cycle Run line opposite to the respective 'Hitting Zone'. All three thrower zones are in the form of a rectangle of 1.5×2 meters inside of the thrower area. The thrower zone is same for boys and girls in all categories.



6. Hammer:

The design of the hammer is technically quite different. Hammer is made of a special kind of wood. Its handle is 11 inches long and 1.5 inches thick cylindrical. The under side of the handle is 7 inches long and 2.25 - 2.50 inches wide, flattened from the front. After 7 inches length, the front part is flattened till 10 to 12 inches and long and 3.50 inches wide. The lower part of the hammer is flat 5 inches long and 4 inches wide. Total length of the hammer ranges from 32 to 34 inches. The back of the hammer is round. The hammer is made with strong and light wood according to technical parameters. Its structure helps hitters to make big and long hits.



7. Ball:

The ball used in Hammer Ball is specially designed for the game. It consists of solid material and two layers of rubber. The weight of the ball varies from 90 to 120 grams in different age groups. The circumference of the ball ranges from 06 to 08 inches. The color of the ball is red and pink for day play and light white for night play. The ball is made of light material so that it can float in the air, while the outer layer of the ball is made soft and strong grip. The ball has been designed in such a way that the player does not get hurt.





8. Gaurds:

The shields used in Hammer Ball game have been made light and strong. With whom it is very easy to walk and run. The composition of Raksha Kavach has been done technically, so that the whole body can be easily protected.

Essential Defense Armor:

1. Hitting Gloves
2. Catcher Gloves
3. Abdominal Guard
4. Head Guard
5. Shin Guard
6. Knee-Guard
7. Groin Guard
8. Chest Guard
9. Caps





9. Hammer Ball Game Rules:

No game should be played without rules so that the competition of the game can be equal for all the teams and players. In any game, the rules of the game are the soul of that game. Simpler the rules of a game more exciting is the game to play. The rules of Hammer Ball game are same for boys and girls.

9.1.1 Team:

In HammerBall game, there are total 18 players in a team. 15 players play and 03 players are part of the team as extra for substitution. HammerBall game can be played with atleast 12 players. Team comprises of:

- a. Thrower
 - b. Catcher
 - c. Inner Defender
 - d. Outer Defender
 - e. Hitter
 - f. Extra Player
- a. **Thrower:** The player who throws a ball to hitter during a match is called thrower. He/she will throw the ball from Thrower's zone & can defend the ball inside thrower's area & home field.
- b. **Catcher:** The player standing behind the hitter inside Home field to catch a ball is called Catcher. There are three catchers behind each hitter. Each catcher can defend the ball in his catcher's zone in home field during a match.
- c. **Inner Defender:** The players defending a ball in Inner Field are called Inner Defender. There are 5 defenders in each team.



- d. **Outer Defender:** The players defending a ball in Outer Field are called Outer Defender. There are 6 defenders in each team.
- e. **Hitter:** All team members attacking during a match are called Hitters. 3 Hitters play at a time during a match. They wear helmet, caps & safety gaurds. Each hitter will play standing in his Hitter zone & play as per the game of the rules.
- f. **Extra Player:** Each team has 3 extra players as substitute. Team coach can use these players any time during a match as per rules of the game.

9.1.2 Ground Measurement & Duration of match:

Unit, field measurement and time according to sports event:

Age Group	Units	Field	Time
Sub-Junior (U-16)	06/08/10/12	20-30-40 Or 20-40-60	3 minutes per unit
Junior (U- 19)	06/08/10/12	20-30-40 Or 20-40-60	3 minutes per unit
Senior (19+)	06/08/10/12	20-30-40 Or 20-40-60	3 minutes per unit

- In the first inning, if the defender team is not able to complete the unit within the stipulated time, then the hitter team will continue to get 2 points score at the rate of every minute.
- In the second inning, if the defending team is not able to complete the unit in the stipulated time, then the Target score will be reduced at the rate of 2 points score per minute.
- **Master Score Unit:** First 3 units in both innings of 06 units match and first 4-5-6 units in both innings of 08-10-12 units match is called Master Score Unit.



- **Target Score Unit:** Last 3 units in both innings of 06 units match and last 4-5-6 units in both innings of 08-10-12 units match are called Target Score Unit.
- **Power Hitting Unit:** The first unit in the Master Score Unit in both innings of the match is the Power Hitting Unit.
- **Double Score Unit:** The first unit in the target score unit in both the innings of the match is the double score unit.

9.2 Thrower's Rules:

9.2.1 : A unit consists of 5 legal throws. It is mandatory to use atleast 5 thrower in a match of 06 unit. A thrower can throw can throw balls of maximum two units.

9.2.2 : It is mandatory to use atleast 06 throwers in a match of 08 units. A thrower can throw balls of maximum two units.

9.2.3 : It is mandatory to use 08 throwers in a match of 10, 12 units. A thrower can throw balls of maximum two units.

9.2.4 : A thrower in a match shall throw the 5 throws of his unit from all the three thrower zones one by one in a clockwise direction. When the next thrower comes to throw after the unit has finished, the next thrower will start the new unit from the zone where the first thrower finished the unit.

9.2.5 : By raising the throwing hand straight above the head, with the upper part of the hand in contact with the ear and without jerking or bending the wrist and elbow, the ball must be fitted straight into the zone without touching the ground. The thrower cannot throw from side-to-side below the shoulder.



9.2.6: After the thrower has delivered the ball to the hitter, the thrower may not leave the thrower zone and defending thrower's area & home field until the thrower completes his unit.

9.2.7 : Unit Limit: A thrower may throw a maximum of two units in a match in any age group.

9.2.8: Unreached ball: If the thrower throws the ball outside the hitting zone, the hitting team gets an additional (penalty) 2 runs and the thrower must also give an additional throw it from the same thrower zone. Such a ball bowled by the thrower is considered an unreachable ball. In such a ball, the hitter can increase his team's score even by running in the middle of the hitting zone, bye score, boundary score, auto score point. All these runs scored are considered as penalty points score. The hitter may be cycle dismissed and stepping dismissed on this throw.

9.2.9 : Wrong Ball Throw 1: If the thrower's foot goes completely outside the thrower zone, the ball is called a Wrong Ball Throw-1 and the hitting team scores 2 penalty point score. The thrower has to throw again. Auto score on this throw, the hitter can also increase his and his team's score by running between the boundary and the hitting zone. The hitter can also be cycle dismissed.

9.2.10 :Wrong Ball Throw 2: The thrower may only throw the ball directly below the chest. If the thrower's ball goes above the shoulder of the hitter then the field referee will declare the throw as wrong ball throw, and 2 points will be added to the hitting team's account as a penalty point. Meanwhile, the hitter can also receive an by point score in the form of auto score, boundary, cycle run.



9.2.11 :Wrong Ball Throw 3: If the ball thrown by the thrower touches the ground before the hitter ,such ball is called Wrong ball throw 3 and the hitting team gets ONLY 2 penalty points score extra, and this ball becomes invalid and the thrower throws the ball again.

Note: In a unit, the thrower can throw one ball by touching the ground before the hitter, it is considered as a fair delivery. But if this happens again, that throw will be declared as wrong ball throw 3 and as a penalty, 2 point score will be added in the account of the hitting team.

9.2.12: Danger Delivery: If a thrower from any unit accidentally delivers a ball that hits a hitter in the face, the referee will immediately show a red flag to that thrower, signal for their replacement, and disqualify them from throwing for the rest of the match. The hitting team will be awarded 2 extra points as a penalty. This throw will not be counted in the unit total. Another thrower must complete that unit by throwing again from the same throwing zone. The thrower who received the red flag cannot return to complete their throw or unit. If any of the 12 players on the field are unable to throw, or if all have reached their unit limit, the unit will be completed by substituting up to 3 additional players from the team.

9.3 Catcher's Rules:

9.3.1.: A team has 3 catchers, who are in the home field behind their respective catching zones. He catches the thrower's ball when it is not hit and also does the defending in the home field. These catchers cannot exchange catching zones during the match. After the hitter hits the ball the hitting zone changes to catching zone



9.3.2: The catcher cannot enter the thrower's area. The catcher only defends home field in his catching zone and remains in home field throughout the game.

9.3.3 : The catcher can move back and forth in his area at any time before or after the thrower throws the ball. If the catcher makes any kind of movement while the thrower is throwing the ball, the field referee may declare the throw as a wrong throw and 2 penalty score will be added to the hitting team's account as penalty. The thrower has to throw the ball again from same place

9.3.4 : After the thrower has delivered the ball, the catcher may take up defense anywhere in the home field.

9.3.5 : Catchers may not switch positions with any of the defenders or any other catcher during the middle of the match. Catchers can only be replaced by substitute players of the team.

9.3.6 : The catcher does not have the right to throw the unit like the thrower, he will only do catching behind the catching zone.

9.3.7 : If the catcher mistakenly goes out of the home field while catching, the hitting team gets an extra 2 point score as penalty. In such a situation, the hitters will not be dismissed under any circumstances.

9.3.8 : If the catcher reaches his catching zone (within the 1.5×2 meter rectangle) with the ball, and the hammer or any part of the hitter's body does not touch the 3 meter sideline, the hitter is cycle dismissed. If the hitter reaches the 3 meter sideline before the catcher catches the ball or if the catcher standing inside the catching zone does not catch the ball properly and the hitter crosses the safe sideline, the hitter is not considered dismissed.



9.4 Defender Field Restriction:

9.4.1 : If there are 15 players in the team, there will be one thrower, 3 catchers, 05 defenders in the inner field and 06 defenders in the outer field. If there are 12 players in the team, then 05 defenders in the inner field and 03 defenders in the outer field will do the defending.

9.4.2 : In a power hitting unit, there are 15 players in the team, 04 defenders in the outfield and 07 defenders in the inner field and when the team consists of 12 players, 03 defenders in the outer field and 05 defenders in the inner field. There is no field restriction in double score unit.

9.4.3 : During the interval of the unit in the innings of the game, the captain of the defending team can change the inner or outer defender player. But he cannot change any player from inner to outer or outer to inner during the running unit.

9.4.4 : Before the start of the match, the captain/coach of the defending team has to inform the field referee/table referee about any reduction in the number of players. Substitution of a player also requires the captain/coach of the defending team to obtain permission from the field referee/table referee.

9.4.5 : If the field referee shows a red flag to a defender in any situation, that defender is out for the whole match and the team will play the whole match without that player. At this stage, another player from the extra players can not enter the match in place of the outgoing player.

9.4.6 : Hitter shall not be dismissed in anyway if a defender catches/defends by going from inner field to outer field or from outer field to inner field. In this situation the hitter team will be given extra 02 runs as penalty.



9.5 HITTER'S RULES:

9.5.1 :When the team enters the field for batting, the three hitters of the hitting team enter the field at the same time. All three hitters start the innings by standing in their respective hitting zones.

9.5.2 : Hitters come to the field to hit with important protective gear.

9.5.3 :In case a hitter is dismissed, another hitter must take his place within 60 seconds. If more time is taken than this, the next hitter in order is also automatically dismissed.

9.5.4 :Hitters score cycle runs by running (anti-clockwise) outside the thrower's area between the two hitting zones.

9.5.5 : Retired Hurt Dismiss: In a hammer ball game, when a hitter is unable to score a cycle, the other hitter cannot come to take a run. Such a hitter has to run himself to score his cycle run. If there is too much trouble, he can declare himself retired hurt.

9.5.6 :Double Hits: If after the first hit by a hitter on a legal ball, the ball still does not go out of the thrower's area, any of the three hitters may hit the stopped or moving ball again inside the thrower's area and run back safely to the hitting zone to score a cycle point. Meanwhile, the hitter must protect himself from being Kaddhi dismissed

9.5.7 : Kaddhi Hit: If a ball thrown by a defender and fielded back to the catcher or thrower comes into the thrower's area, and the thrower is unable to catch the throw safely, any hitter may hit the ball again at that time. Such a hit is called a Kaddhi Hit. Only cycle runs and boundaries are valid in this hit. These runs are added to the hitter's personal run score. In this hit, the hitter can be dismissed through Kaddhi Dismiss, Cycle Dismiss, Miss the Ball Dismiss, Body Touch Dismiss, Direct Dismiss, Double Dismiss, or Stepping Dismiss.

9.5.8 Kaddhi Hit 2 : If the fielded ball is thrown at the hitter during a cycle run aiming their body, and if the hitter strikes it again—this is called a Kaddhi hit 2. Only cycle runs and boundaries are considered on such hits. These points will be added to the individual score of the hitters. On this hit the hitter can be Kaddhi Dismissed, Cycle Dismissed, Body Touch Dismissed, Direct Dismissed, Double Dismissed, Stepping Dismissed. The hitter cannot hit Kaddhi if the ball lands on the side line or inside the hitter zone.



9.5.9: If the ball hits the hitter's arm (elbow to wrist) while hitting, it is considered part of the hammer. But if it hits the same area during a cycle run, it is considered as a body touch and the hitter is dismissed.

9.5.10: If the hitter stands with his knees bent and the throw is above his shoulder, the referee shall not declare that throw as a wrong throw.

9.6 Point Score:

This term is used in the hammerball game. It is the sum of the penalty score obtained from the hits made by the hitters of one team and the targets given to the other team. In the hammerball game, the following types of point scores are given during the match:

9.6.1 Cycle Point Score: If the hitter hits the ball from Hitting Zone-1 and runs in the anticlockwise direction to reach safely in Hitting Zone-2 and if the hitter of Hitting Zone-2 reaches safely in Hitting Zone-3 and the hitter of Hitting Zone-3 reaches safely in Hitting Zone-1, then this action is called a Cycle Point Score. The hitter and his team get a point score.

9.6.2 Double Cycle Point Score: When a hitter completes two cycle runs in one hit (the hitter runs through zone A and reaches zone C safely, the hitter from zone B safely reaches zone A and the hitter from zone C safely reaches zone B through A zone) a double cycle point is scored. In which the hitter and his team get 03 cycle point scores.

9.6.3 Triple Cycle Point Scores: When a hitter completes three cycle runs in a single hit (starting from the A zone, running through the B and C zones, and returns safely to the A zone—and, at the same time, the hitters in the B and C hitting zones also complete one full round each), a Triple Cycle Point is scored. This results in a total of 6 cycle points, which are added to both the individual score of the hitter and the team's score.

Note :- After completing a triple cycle point score hitter gets the chance to score more cycle points so hitter can again run for 1, 3, 6 point score respectively.



9.6.4 Auto Point Score: If the ball hit by the hitter crosses the home field and reaches the inner field area, the team gets 2 extra point score. Similarly, when the ball crosses the inner field area and reaches the outer field area, the team gets 4 extra point score. Whether the ball touches the ground or reaches that field area directly, the team gets only one maximum auto point score in a hit. This auto point score is added to the team's total score. The auto point score also adds to the hitter's individual point score.

9.6.5 Boundary Points Scored: 8 points are scored when the ball touches or crosses the outer field boundary when hit by the hitter. Whether the ball goes directly out of the ground in the air or touches the ground, it is called a boundary. Cycle point scores are not added to the score if there is a boundary points score. Only the 8 points scored from the boundary are added to the hitter's individual and team scores.

9.6.6 Hitting Advantage Point Score: If the ball is caught by a defender/catcher with both hands without touching the ground after the hitter hits the ball, the hitter is dismissed, but the hitter and the team get the auto point score in whichever field the ball is caught and until the ball returns to the catcher or thrower, the cycle point score and throw by point score are also considered.

9.6.7 Throw by Point Scored: When the ball is hit by the hitter, the defender fields the ball and throws it back to the thrower or catcher. If the catcher and thrower do not catch the throw properly and the ball goes back to the inner field or outer field, the hitter continues to score cycle points until the catcher or thrower catches the ball. All these cycle points will be added to the hitter's individual point score. But if the ball goes to the inner or outer field again, then the auto score point is not given. And if the ball goes to the boundary, then only the 8 point score of the boundary is considered.

9.6.8 Additional Bye Point Score: If the hitter takes a cycle point score when the ball thrown by the thrower is an unreachable ball, then the total of the auto point scores and cycle point scores along with the 2 point scores of the unreachable ball will be added to the total score of the



hitting team and all the points scored will be called the additional bye point score.

9.6.9 Penalty Point Scored: Extra points scored are added to the total score of the hitting team. Extra point score are awarded for a maximum of 2 point scores only. Such as unreachable ball, wrong ball throw-01, 02, 03, danger delivery, defender moving from his zone to another zone during the match all the scores made by cycle or auto run in only byes, all these extra runs come in the score.

9.6.10 Short Cycle Run: If a hitter, while taking a cycle score (running between zones), enters the throwing area or the hitting/catching zone, it is called a Short Cycle.

9.6.11 Power Hitting Unit: The first unit of the Master Score Unit in both innings of the match is the Power Hitting Unit. Defenders in power hitting units comply with the Defender Field Restriction Rule 9.4.2. The points scored in this unit are added to the hitters and team scores as per rules.

9.6.12 Double Score Unit: The first unit of the Target Score Unit in both innings of the match is a Double Score Unit. Double the total number of points scored in this unit are added to the score of the hitter and the hitter's team. In a double score unit, the defending team shall follow the Defender Field Restriction rule 9.4.2.

9.6.13 Master Score: The total score in the master score unit of each innings of the match (1st to 3rd unit in a 06-unit match, 1st to 4th unit in an 08-unit match, 1st to 5th unit in a 10-unit match, and 1st to 6th unit in a 12-unit match) is called the master score unit. If the second team's hitters score more than the first team's master score in their innings' master score unit, the target score will be reduced by 20 runs. If the second innings' hitters fail to make the first team's master score in their innings' master score unit, the target score of that team will be increased by 20 runs. If the second innings' hitters are only able to equal the first team's master score, the total target score will remain unchanged.



9.6.14: After the hitter misses the first legal throw, if the thrower throws the second ball unreachable, in this case the penalty score, auto score, boundary score point will be considered and no cycle point will be given.

9.7. Hitter's Dismiss:

In HammerBall games, hitters' own errors and defenders' excellent play end the hitters' individual innings. In a HammerBall game, the end of a hitter's inning is called a hitter's dismissal. In HammerBall games, hitters are dismissed in 12 ways.

9.7.1 Miss the Ball Dismissed: If the hitter misses two consecutive balls then Hittter Misses the Ball is dismissed. On the first ball being missed, the official shows the signal to the hitter of first missed ball and on the second consecutive ball being missed, the hitter who misses the ball will be declared dismissed. After missing the first ball, the hitter has to face the next ball from the same zone.

9.7.2 Body Touch Dismissal: If a legal ball thrown by the thrower hits the hitter directly on the chest or below the chest, the hitter is body touch dismissed. If the thrower's ball hits the hitter's arm (up to the elbow), it is considered to be a hammer.

9.7.3 Cycle Dismiss 1: After a hit is made by a hitter, hitters run to the middle of the hitting zone to complete the cycle run score. Meanwhile, the defender throws the ball back to the catcher. If the catcher reaches the hitting zone with the ball before the hitter reaches the hitting zone or side line, the hitter is dismissed. If the hitters cycle is dismissed, the hitter and the team do not get the cycle point score. But the auto point scores are added to the team's score.



9.7.4 Cycle Dismiss 2: When a return throw by a thrower or defender hits the hitter's body below the chest while the hitter is scoring a cycle run, the hitter's innings ends. If the hitter's cycle is dismissed, the hitter and the team do not get the cycle run score. But the auto run scores are added to the team's score.

9.7.5 Direct Dismiss by Both Hands: If a hit by a hitter is in the air and the ball is caught by a defender, catcher or thrower with both hands while in the air without touching the ground, the hitter shall be dismissed direct. But along with the auto run, the cycle run will continue to run for the score and the cycle run can be scored until the ball reaches the catcher or the thrower.

9.7.6 Direct Dismiss by One Hand: A hit by a hitter if caught by a defender, catcher or thrower with one hand in the air without touching the ground, the hitter shall be direct dismissed by one hand and no runs shall be scored by way of auto run, cycle run score or by any other means, but 10 scored points shall be deducted from the total score of the hitter team.

9.7.7 Double Dismiss/Triple Dismiss : Cycle runs continue to be scored even after the hitter is directly dismissed by two hands from a ball bowled by the thrower and if the hitter's cycle is also dismissed, the dismissal of 2/3 hitters for one ball is called a double dismissal/triple dismissal. In this way only auto score is given on dismissal and this run score is added to the hitters individual score.

9.7.8 60 Second Auto Dismiss: If a hitter is dismissed and the next hitter does not come to the field within 60 seconds, the next hitter in that order is also dismissed. This is called 60 second auto dismiss.

9.7.9 Retired Hurt: A hitter may retire hurt during play by either continuing to play or by informing the field referee of any physical discomfort or difficulty in running. In this situation the hitter cannot return to the field to hit again in that match and is considered dismissed as soon as that hitter is retired hurt.



9.7.10 Intentional Dismissal: In a HammerBall game, a hitter may be dismissed by the referee if the hitter directly or indirectly violates the spirit of the game or intentionally obstructs the play. This is called intentional dismissal.

9.7.10 a) While scoring the cycle, if the hitter does not go to the side line and comes straight in the hitter/catcher zone or in a situation of the catcher colliding with the hammer or body, the hitter will be considered as dismissed. This is called intentional cycle dismiss.

9.7.10 b) The referee can declare the hitter dismissed for disobeying any decision of the referee or for arguing or quarreling with the referee or any opposition player.

9.7.11 Kaddhi Dismiss: When the hitter goes outside the hitting zone or catching zone, and after hitting a double or Kaddhi hit, and is unable to return to the hitting zone or catching zone safely before the catcher, standing inside the catching zone with the ball, or if the ball thrown by the thrower hits the hitter's body before returning, the hitter is declared Kaddhi Dismissed. In this case, the double hit, Kaddhi hit, and auto score points are not considered.

9.7.12 Stepping Dismiss: A hitter can step out of the hitting zone to hit the ball thrown by the thrower, but if the hitter misses the ball, then the ball is unreachable, and the catcher catches the ball and reaches the hitting zone before the hitter, then that hitter will be stepping dismissed.



9.8 Innings Close:

An innings close is a way of officially ending the match or the result of the match. The match is over when both teams have played their prescribed units of innings or the team in the second innings has passed the target score of the first team or their players have been dismissed. This is called innings close.

9.8.1 An inning shall be closed when 13 out of 15 hitters are dismissed in a team's innings. If there are 12 players in the team, then the innings will be closed when 10 players are dismissed.

9.8.2 The innings is closed even if all of the 15 or 12 players have passed the score reached by the first team if not dismissed.

9.8.3 The innings will be closed even if the team has played the game of its entire unit in the match.

9.9 Tie/ScoreLevel:

If the score is equal after the total score of the first team and the total innings played by the second team, then the Super Unit and Golden Hit will decide the match, the rules of which are as follows:

9.9.1 Super Unit Rules:

9.9.1 a) The team which has tied the score shall strike first in the field with any 3 hitters. All the rules of HammerBall will be followed in Super Unit.

9.9.1 b) Only 1 unit is played between the two teams again.

9.9.1 c) In this unit, if any one hitter is dismissed out of 3 hitters, the entire hitting team will be dismissed.



9.9.1 d) The match is decided whether the second team is able to cross the target score achieved by the first team or not.

9.9.1 e) If the score is level even in the Super Unit and the match cannot be decided, then the match is decided by Golden Hit.

9.9.2 Golden Hit:

A re-toss by the field referee will be done and the team winning the toss will be given a chance to hit or defend first. The team playing first will play only 03 hits with only 03 hitters. Only boundary score/auto score will be considered in these hits. Extra point score, double hit point score, cycle point score, Kandhi hits will not be valid in golden hit. The thrower will throw one throw each to all three hitters. Only the boundary score/auto score of 03 hits of both the team will decide the victory or defeat of the match. This sequence will continue till the decision of that match is done. The thrower will throw the ball straight to the hitter. If the ball touches the ground and reaches the hitter, then it will be an invalid ball. If any hitter is dismissed among these three hitters, then the ball will be considered a dot ball and the next hitter will face the next throw.

9.10 Match Result:

9.10 a) If the score made by the hitters of the first team is exceeded by the second team with units or balls remaining, the second team will be considered as the winning team.

9.10 b) If the score made by the hitters of the first team is not scored by the hitters of the second team till the end of the innings or all the hitters are dismissed, then the first team will be considered as the winning team.

9.10 c) In case of equal score scored by both the teams, the match will be decided by the tie match rule.

9.10d) The result of a match is fixed at any stage of the competition in Hammer Ball.



10. Hammer Ball Team Rules:

In Hammer Ball game there are total 18 players in a team. 15 players play and 3 players remain in the squad for additional substitutions. Hammer Ball games can also be played with as few as 12 players. If there are less than 12 players in a team, the team cannot participate in the competition. The rules are same for both men & women teams. A team must have a captain, a vice-captain, three catchers and other players

10.1 Responsibilities of the Player / Captain / Vice-Captain / Team Coach / Team Manager:

10.1.1: Registration of all the players and team officials of the team must be done before the start of the competition.

10.1.2: All players must maintain restraint and discipline.

10.1.3: If the number of players in the team is less, the competition director has to be informed about it before the start of the competition.

10.1.4: Before the start of the match, the coach or captain of the hitting team must give the name and chest number of his hitters in order of hitters to the table referee.

10.1.5: It is mandatory for the team coach/team manager to bring the team along with their team uniforms, hand gloves and safety guard to the ground.

10.1.6: On the Hammerball field, if a player argues with a referee's decision or disobeys a referee's decision, the referee may show a red flag to that team or exclude the entire team from the match.



10.1.7: All players and team officials shall show respect and dignity to the opposition team players, team officials and HammerBall game officials such as field referees, table referees. Failure to do so may result in the entire team or player or team official being disqualified from the tournament.

10.1.8: If any player or team official violates the rules of the game of Hammer Ball or engages in negative activity, such person may be subject to disciplinary action or a lifetime ban.

10.1.9: If any player or team official is found consuming pan masala, gutka-tobacco, cigarette or intoxicant/drink or misbehavior in the field of play, he/she is liable to be banned for life.

10.1.10: Before playing Hammer Ball game, it is very important to read and understand all the rules of the game carefully.

10.2 Substitution rules:

10.2.1: Substitution of a player of the defending team: When the team is defending, the captain/coach of the defending team may, by informing the field referee/table referee, substitute a defender, catcher or thrower from among the additional players during the interval of the unit. But this action can be taken only once in one innings of the entire match.

10.2.2: Substitution of a player on the hitting team: The captain of the hitting team can replace a maximum of three hitters at a time by informing the table referee about the additional (players) hitters as not-dismissed hitters before the entire team is dismissed. But this action can be done only once in one innings of the entire match.



10.3 Player's Uniforms:

All teams must wear uniforms to distinguish themselves. They may wear different coloured uniforms (kits) in which the team name and the player's chest number (in two digits) must be printed on the T-shirt. The chest numbers of the captain and vice-captain must be fixed as 01 and 02 respectively.

The colour of the team's jersey is decided by the main association of that team. For example, the district unit decides the colour in district-level competitions, the state's main unit decides the colour in state-level competitions, and in national and international competitions, the respective main unit decides the kit colour. The kit must include the player's T-shirt, lower, shoes, and cap.

The number printed on the back of the T-shirt must have a printing size of 8×3 inches, while the number printed on the front of the T-shirt must have a printing size of 3×1 inches.



11. Referee:

In Hammerball game like all other sports, the one who mediates between two teams and gets the rules of the game followed properly is called referee. There are 3 referees in the field during a match. These are called Field Referees or Ground Referees. There are two scorers who are called Table Referees.

11.1.Ground/Field Referee: The work of ground referee is very challenging and responsible in the field. His one wrong decision can change the course of the match. The ground referee should have a thorough knowledge of the Laws of the Game. The decision of the referee is final and binding. The work of the referee is not only from starting the match to giving the result of the match, but also to get the correct measurement of the field, thrower area, boundary according to the correct rules and to make proper use of the ball and hammer. Communicating from the field to the table referee in sign language is also an art which the ground referee should know very well.

11.2 Duties of Ground/Field Referees:

11.2.1: Before starting the match, the ground referee must inspect or get the ground measured and marked correctly.

11.2.2: 20 minutes before the start of the match the captains of both the teams should be called to see each other's team list. After getting the toss done, the table referee should be informed about the toss.

11.2.3: There should be a commitment to finish the match and the innings of the match in the stipulated time without any dispute or quarrel.



11.2.4 : It should also be seen whether the player is using protective gear in the match or not.

11.2.5 : At the conclusion of the match and the completion of the innings or the dismissal of a hitter, the ball must be taken into possession.

11.2.6 : Your decision must be clearly communicated to the table referee in clear, simple and official sign language.

11.2.7 : In case of bad weather, low light, bad ground, whether the match should be held or not or how to conduct it, all these are decided by the ground referee and his team.

11.2.8 : Depending on the situation, the decision to have the match reduced to units is also taken by the field referee/technical team.

11.2.9 : The two referees stand in different positions on the court. One thrower stands inside the zone and the other stands to the right or left of the pitch between the inner and outer fields of the field.

11.2.10 : Decision to change the ball, due to any reason like lost, torn or removed cover, soiled, wet rests with the field referee.

11.2.11 : No field referee can be changed in the middle of the match.

11.2.12 : If during the match, any player argues with the referee or does not accept the decision of the referee, then the referee can remove that player or the whole team from that match by showing red flag.

11.2.13 : The referee should also keep an eye on the defender whether any defender is defending from inner field to outer field or from outer field to inner field. If he sees this happening, he should immediately signal to the table referee and give an additional 2 runs to the hitting team.



11.2.14: The ground referee starts the match only after the table referee/scorer is fully ready (after a signal from the scorer).

11.3. Table Referees (Scorers):

The table referee's job is to understand the signals of the on-field referee, collect data and clearly write in the score board or score book, match summary, main player of the match, best player of the championship, match records, championship records, thrower records, hitter records, etc. have to be maintained.

11.4. Duties of the Table Referee (Scorer):

11.4.1: After the scorer has written all the necessary names in his score book and score board, he signals the start of the match by showing the green flag to the field referee.

11.4.2: After the field referee receives the signal, a green flag is raised to let the on-field referee know that the signal given by the scorer has been collected and the field referee resumes the play. This action goes on ball by ball throughout the match between the field referee and the table referee.

11.4.3: The Table Referee must clearly understand (without cuts and overwriting) the signals of the Field Referee and enter them in the score book or score board.



11.4.4: Before the start of the match, the name and chest number of all the players of the defending team and the names and chest numbers of the players of the hitting team in order of their hitting order should be kept with them to signal the start of the match.

11.4.5: After all matches of the day are over, the score-book, ball counter, walkie-talkie, hammer, balls, pen-marker and other necessary items must be kept safely with you.

11.4.6: After the competition is over, all match summaries, main player of the match, best player of the championship, match records, championship records, thrower records, hitter records etc. must be registered and handed over to the tournament director.

11.5.Commentator: The commentator is the one who gives live telecast of the game. Who has complete knowledge of regional language, Hindi, English language.

11.6.Commentator's Duties:

11.6.1: The commentator must have a thorough knowledge of the rules of the game of HammerBall and the terminology of the game of HammerBall.

11.6.2: The commentator should have thorough knowledge of regional language, Hindi, English as well as pronunciation should be pure and clear.

11.6.3: The commentator must know the HammerBall game records, match records, championship records, thrower records, hitter records and individual player records.

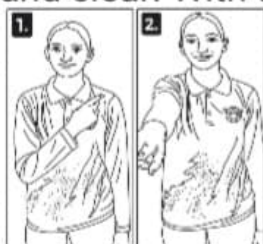


11.6.4: The commentator should remember that while entering the comments, he should not say any such thing or any such example which can break the morale of the players or the team. No such thing should be spoken which seems indecent to hear.

11.7. Signals given by the referee:

The signals given by the field referee to the table referee are as follows:-

11.7.1: Play : Open your both hands in front of your chest parallel to the ground, palm facing each other and pronounce 'PLAY' loud and clear. With this signal the game will start.



11.7.2: 1st Miss the ball: If the first ball is missed by the hitter, the field referee touches the left shoulder with the right hand and then points towards the hitter with the index finger of the right hand.

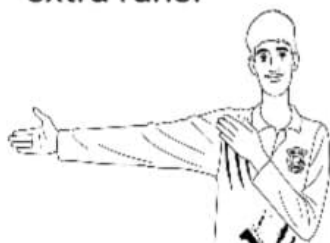
11.7.3: Miss The Ball Dismiss/Cycle Dismiss: At the end of the hitter's individual inning, the red flag is raised over the head with the other hand pointing at the hitter with one hand.



11.7.4: Double Dismiss/Triple Dismiss: Raising the red flag with one hand pointing at both/all 3 hitters and the other hand straight above the head.



11.7.5: Wrong Throw: Raising both hands above the head and crossing them, followed by showing the green flag for 2 extra runs.



11.7.6: Unreachable Throw: Raise the right arm to the side, parallel to the ground, place the other hand on the shoulder of the raised arm, and then show the green flag for 2 extra points.



11.7.7: Auto Score for Single auto, Double auto and Boundary Point Score: Referee will move his hands in an anticlockwise circular motion above the head—once for Single Auto, twice for Double Auto, and three times for Boundary Point Score.



11.7.8: Cycle Score (Single cycle, Double cycle & Triple cycle):

The field referee will move his arms, parallel to the ground, in a counterclockwise circular motion—once for a single cycle, twice for a double cycle, and three times for a triple cycle.



11.7.9: Short cycle: Touching the same shoulder with the same hand by lifting one hand.

11.7.10: Unit up: The field referee will raise his right hand above the head and open and close his finger.



11.7.11: Penalty for 2 Point Score (Field Restrictions): Raising the red flag and the green flag simultaneously above the head with both hands.

11.7.12: Bye: Hitters cycle run, auto run is scored when the thrower's ball is unreachable ball thrown, then the referee indicates unreachable ball, then keeps both his hands on the waist, then if there is an auto run, he also indicates it. All these runs are added to the extra runs.



11.7.13: Danger Delivery: If a thrower accidentally delivers the ball towards a hitter's face, the referee will immediately, without warning, place one hand over the face and raise a red flag above the head with the other hand. This action prohibits the thrower from bowling for the remainder of that match and signals a change of thrower.

11.7.14: Change of Thrower: To change the thrower between units for any reason, the field referee will close both fists, bend the elbows towards the chest, and rotate the wrists of each hand in a circular motion over each other.



11.7.15: Power hitting unit: The referee forms a ball shape with one hand and makes a striking gesture with the other hand while rotating in all four directions.

11.7.16: Double Score Unit: The referee makes a hammering motion with both hands and, while rotating in all four directions, taps the left hand with the right hand.



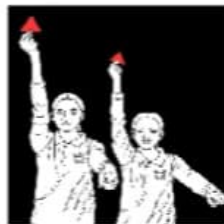
11.7.17: Video referral: First of all tap on the right shoulder with right hand and then clock wise rotate your right hand and make a big circle.



11.7.18: Direct Dismissal by One Hand: The referee raises his right hand upwards and performs a one-handed catch action. Then, he folds his right arm at the elbow, placing the hand in front of his chest to make a minus sign. Finally, he raises both hands upwards to signal a deduction of 10 points.



11.7.19: Penalty for misbehave/violence: If a player commits violence or misconduct that affects the game and violates the rules, the field referee will show a red card to the guilty player. As a result, 8 points will be deducted from that player's team's score.



11.7.20: Score: If the field referee or the captain of either team wants to know the current score during the match, the referee will form triangles with both hands in front of the chest.



11.7.21: Official Timeout: If it becomes necessary to stop the game for any reason, the field referee will bend one arm at the elbow and place it in front of the chest with the palm facing down. The other hand will be made into a fist and placed below the palm.



11.7.22: Innings Close: To indicate the close of an innings, the field referee stretches the left hand forward in front of the chest and places the right palm on top of the left palm.



11.8: Score Board:

The score board displays the performance of the match going on in the field. Like which team is hitting in the field, which team is defending, which thrower is throwing in the match, who is hitting, the match is being played between which team, etc. Both electronic and manual score boards are used in hand-to-hand sports.



12. Terminology:

12.1 Hitting Zone: The hitting zone is the place where the hitter stands and hits to increase the score for himself and his team, that place is called Hitting Zone.

12.2 Hitter: A player of the hitting team who takes hits while standing in the hitting zone is called a hitter.

12.3 Hits: Hits are the strikes made on the ball by a hitter. The runs of the match are scored by these hits.

12.4 Thrower: A player of the defending team who makes a unit throw to the hitter from the thrower zone is called a thrower.

12.5 Thrower Area: The triangular area formed by 3 strips of 20 metres each is call Thrower Area.

12.6 Thrower Zone: In the middle of three strips of 20 metres each, there is a rectangular area of 2m × 1.5m, from where the player of defending team throws to the hitter, it is called the Thrower's Zone.

12.7 Units: A Unit consists of 5 legal throws.

12.8 Legal Throw: The thrower standing in the throwing zone throws the ball straight between the shoulder and toe of the hitter standing in the hitting zone, this throw is called a Legal Throw.

12.9 Catchers: The three players of the defending team , who are in the home zone, standing behind the hitting zone/catching zone, are called catchers.

12.10 Defenders: A player whose primary role is to prevent hitting team from scoring points. In HammerBall, there are 03 catchers in Home Zone, 05 defenders in the Inner Defending Zone and 06 defenders in Outer Defending Zone. Only 1 thrower can defend in both, the Thrower Area and Home Zone.



12.11 Home Field: The first circle is made with a radius of 20 meters from the center of the thrower's area. The area inside it is called Home Field.

12.12 Inner Field: In Hammerball game, the second circle made after the home field, which is 30 or 40 meters in different age group matches, this circle is called the inner field.

12.13 Outer Field: In the game of Hammer ball, the third circle made after the inner field, which is 40 or 60 meters in different age group matches, this circle is called the outer field. 3 to 5 defenders of the defending team stand in the outer field.

12.14 Boundary: In the game of hammerball, when a hitter hits the ground or directly crosses the home field, inner field and outer field, it is called boundary.

12.15 Hammer: In the game of hammerball, the hitter hits with a technically made stick of wood, which is called dead bat.

12.16 Dismiss: When a hitter's individual inning ends in a hammerball game, it is called the hitter's dismissal.

12.17 Score Point: In hammerball game, the total point score of cycle point score, auto point score, boundaries, Kaddhi point scores and extra point scores by the hitter team is called the score.

12.18 Penalty: In HammerBall game, showing red and green flag simultaneously by field referee is called penalty.

12.19 Catching zone: The rectangular area of 2 m × 1.5 m at the three corners of the thrower's area which is called the hitting zone. After hitting the ball with the hammer, the hitting zone changes to the catching zone.



13. Competition and Tournament:

These two words are often misused. Competition is generally used for an individual event while tournament is used for team events. In HammerBall, matches should be played in Pool cum knockout combination system. Pool system will be used only when 6 or more teams participate in a tournament.

a. If there are 11 or less than 11 teams, the teams will be divided into 2 pools.

b. If there are 23 or less than 23 teams, the teams will be divided into 4 pools.

c. If there are 24 or more than 24 teams, the teams will be divided into 8 pools.

d. If there are 5 or less teams then the tournament will be played with 'Round Robin system' and top 2 teams will play the final match.

Some examples of pool systems are as follows:

Example1: Two Pool System

Team	Pool A	Pool B
1		
2		
3		
4		
5		
6		



League Matches:

Each team will play league match with each other in their respective pool. Top two teams from each pool will qualify for knock out matches.

Knock Out Matches:

Semi Final Match:

Semi Final 1: Pool A(Winner) Vs Pool B(Runner-Up)

Semi Final 2: Pool B(Winner) Vs Pool A(Runner-Up)

Final Match:

Semi Final 1(Winner) Vs Semi Final 2(Winner)

Example 2: Four Pool System:

Team	Pool A	Pool B	PoolC	PoolD
1				
2				
3				
4				
5				
6				

League Matches:

Each team will play league match with each other in their respective pool. Top two teams from each pool will qualify for knock out matches.



Knock Out Matches:

Quarter final match:

Quarter Final 1 Pool A(Winner) v Pool B(Runner-Up)

Quarter Final 2 Pool B(Winner) v Pool A(Runner-Up)

Quarter Final 3 Pool C(Winner) v Pool D(Runner-Up)

Quarter Final 4 Pool D(Winner) v Pool C(Runner-up)

Semi Final Match:

Semi Final 1: Quarter Final 1(Winner) v Quarter Final 4(Winner)

Semi Final 2: Quarter Final 2(Winner) v Quarter Final 3(Winner)

Final Match:

Semi Final 1(Winner) Vs SemiFinal2(Winner)

Exmple 3: Eight_Pool System

Team	Pool A	Pool B	Pool C	Pool D	Pool E	Pool F	Pool G	Pool H
1								
2								

League Matches:

Each team will play league match with each other in their respective pool. Top two teams from each pool will qualify for knockout matches.



Knock Out Matches:

Pre-quarter final match:

Pre-Quarter Final 1: Pool A {Winner} v Pool E {Runner-up}

Pre-Quarter-Final 2: Pool E {Winner} v Pool A {Runner-Up}

Pre-Quarter-Final 3: Pool B {Winner} v Pool F {Runner-Up}

Pre-Quarter-Final 4: Pool F {Winner} v Pool B {Runner-Up}

Pre-Quarter-Final 5: Pool C {Winner} v Pool G {Runner-Up}

Pre-Quarter-Final 6: Pool G {Winner} v Pool C {Runner-Up}

Pre-Quarter-Final 7: Pool D {Winner} v Pool H {Runner-Up}

Pre-Quarter-Final 8: Pool H {Winner} v Pool D {Runner-Up}

Quarter Final Match:

Quarter Final 1:

Pre-Qtr Final 1(Winner) Vs Pre-Qtr Final 8(Winner)

Quarter Final 2:

Pre-Qtr Final 2(Winner) Vs Pre-Qtr Final 7(Winner)

Quarter Final 3:

Pre-Qtr Final 3(Winner) Vs Pre-Qtr Final 6(Winner)

Quarter Final 4:

Pre-Qtr Final 4(Winner) Vs Pre-Qtr Final 5(Winner)



Semi Final Match:

Semi Final 1: Quarter Final 1 (Winner) Vs Quarter Final 4(Winner)

Semi Final 2: Quarter Final 2 (Winner) Vs Quarter Final 3 (Winner)

Final Match:

Semi Final 1(Winner) vs Semi Final 2(Winner)

13.1: Rules for Man of the Match

The player with the most points in the winning team of the match is declared 'Man of the Match'.

The hitter will get one point for every point scored by his/her hit.

If the thrower dismisses a hitter who misses the ball, he will get 16 points.

14. Abandoning a Game

A match may be abandoned due to bad light, rain or any other technical problem occurring during the game, if the game has to be stopped for a minimum of 2 hours. In this case, the game shall be replayed if the game has not been completed till the 'Master Score Unit'. This match shall be played on the same day or the following day, the decision of which shall be taken by the technical committee. In the case where the match has completed 'Master Score Unit', that will be considered as 'Target Score' for the other team and the match will be decided in 4,5,6 units respectively. If the scores are equal in the league stage then, both the teams shall be awarded 1(one) point each. In case if the position of the team has to be decided when there are two or more teams with equal points then a re-match shall be played which will be decided directly on the 'Super Over'. If the match is a final match, then both the teams shall be



declared as joint winners. If any tournament has been interrupted by rain or any other technical problem where the league matches or the preliminary knock out can not be completed within the given time or days, in such case, the whole tournament shall be rescheduled to another dates or days. The matches shall be conducted from the beginning in this new tournament.

15. Fixing A Game

No player or team shall engage in unfair tactics that may influence the game to the opponent team which may result in changing the result of the game or the tournament. There shall be a match observer appointed for each game who will decide the fair play of the game. In the case where the observer finds the game to be fixed or played with unfair tactics, then he shall have the authority to decide the penalty for the player, coach or team using the unfair tactics along with the technical committee of the tournament.

15.1 Field referee/Table referee/Match referee/Tournament director/ Technical body will be fined/life ban if found favoring any team, showing bias, or being involved in fixing in any way directly or indirectly

15.2 Any team coach with any complaint, whether regarding a result, rule, wrong decision, or allegations against the field referee or jurors, or viewing the official video recording, will be heard only after a written complaint is made along with a payment of \$20. And if the allegation is proved true, the complaint fee will be refunded and the complaining team will be declared the winner. The person or team found guilty will be punished as per Hammerball rules.

16. Doping Regulations:

To exhibit a fair play and good character, it is necessary for all the players, coaches and officials to follow the anti doping rules and regulations specified by WADA (World Anti Doping Agency). All the players, coaches and officials registered with the SIHSF shall mandatorily follow the rules & regulations. The defaulters will officially be dealt with under the jurisdiction of the SIHSF if found violating any rules specified by the WADA.



The Anti-Doping Rules shall apply for the following personnel and necessary actions shall be taken for violating the rules:

A. All the players shall be solely responsible for consumption of any banned substance, performance enhancers and other doping methods not approved by the WADA.

B. All players, coaches and officials registered with SIHSF will be liable for penalties for any anti-doping rule violations.

C. Players, Coaches and Officials not registered with the SIHSF but wish to participate in any international open championships, leagues or any other championship organised by the SIHSF.

D. Players, Coaches and Officials in contract with the SIHSF.

E. Any support personnel of any team, club, association or federation within the jurisdiction of SIHSF. No player, coach, official or any other concerned personnel shall possess, consume or provide assistance of any kind with regards to the use/supply of banned substance to any other SIHSF registered player/official during the course of the year or during any training camp or any official tournament/matches. No player, coach, official or any other personnel mentioned above shall refuse to undergo dope test suggested by the SIHSF at any time during the year. Any concerned player/official found to have violated anti-doping rules and regulations will be liable for penalties as per the WADA code.