

SITTING THROWBALL

Rules & Regulation

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**Para Throwball
Rules and Regulations**

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Dedicated to

**ALL PARA THROWBALL
PLAYERS**

Preface

Throw ball is played by the normal people, it is very popular in India. This game is an ancient game like football. Throwball Federation of India have given rules and regulations which is followed by all countries. The author of this book has also written earlier another book "know the game Throwball" in Tamil. Since this game can be played by all ages and required only simple equipments so I have invented Para Throwball in the year 2021

the Technical committee of Para Throwball Federation of India the rules and regulations have been framed for para Throwball. This rules and regulations book will be very useful for the coaches, officials and para players to play at international level.

This book brief about rules and regulations, Skills, Techniques and methods of officiating. I thank Shri Mahadev sir founder and treasurer of Paralympic committee of India, PTFI for their support.

Author

Foreword



Dr.Mosaad Elaiuty

EGYPT

Worlds one of the best Sitting Volleyball Coach

Para Sports required rules & regulation to Develop the game at the international level. I congratulate Para Throwball Federation of India and also express my appreciation to Dr.V.Albert Premkumar for his efforts to bring this book. I hope this book will be very useful for Para Players. This book covers the rules, regulation and basic skill exercises in a very simple manner. The sport of Para Throwball has grown tremendously in India.

I hope this book will help the development of Para Throwball at the world level. Beautifully printed with illustrations. Also diets and mental training are described in a simple way.

About Author



Dr. V. Albert Premkumar
B.A., M.P.Ed., M.Phil., Ph.D., M.B.A.,
President
Para Throwball Federation Of India

He has obtained his M.P.Ed, and M.Phil degrees from the University of Madras and got his Doctorate from the same University.

He has won the state Silver Medal in 400m in 1983, and won many Medals in athletics for the University. He was Athletics Champion at Loyola College, Chennai. In 1992, he has represented TamilNadu State in the National HandBall Championship.

Dr. V. Albert Premkumar was an active participant/delege in several National and International seminars. In addition he has organized many Seminars and workshops. He is a well known mass sports organiser at Chennai.

He had also worked as a lecturer at YMCA College of Physical Education.(1996-2000) and instituted many programs. He was the coordinator for Diploma in Coaching and Training at the College.

The author has trained many National Level Athletes.

The Author is involved in para sports organizing for past 30 years. He has organized many National and International events. He is the General Secretary for Tamil Nadu Paralympic Volleyball Association for past 13 years. Now he is the president of Para Throwball Federation of India.

EXPERTS COMMENTS

Dr. Albert Premkumar authored for a venture titled Para Throwball Rules & Regulation which is a ready reference with adequate illustrations, graphs and schedules. It is a plenteous of his vision and hard work embodied in the form of a precious book.



Rtn. MD.R. Saran

President
Tamilnadu Para Throwball Association
Founder & Chairman Saran's Hospitals

I hope this book will be more beneficial for the students those practice Para Throwball everyday. I congratulate Dr. Albert Premkumar for his effort to bring out this book in a useful form.



Nirmala Rawat

Chairmen, International Affairs
Para Throwball Federation of India

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Para Throwball Federation of India

Paralympic Committee of India



H.E. Mr. Yi Veasna

***NPCC Secretary General
Chairmen, WPTF Governing Council
Cambodia***

History of Para Throwball

Throwball for the normal players was played from 1930. It was played in England, and Australia as recreation game. This game was invented by Mrs. Mary Crow Buck in 1931 at YMCA college of physical Education.

The rules and regulations of this game was formed in the year 1955.

Throwball federation was formed by Mr. B.M. Rasappa, Physical Director of Bangalore University.

First National championship in 1980 was held under the leadership of Shri Ramanna held in Bangalore.

Now it is a most popular game in India, being played in all schools and colleges.

The author has joined in TFI and organized Triangular international Throwball Championship in the year 2008 at Coimbatore and also organized many National and State level Championships.

The author has also written a book on "Know the game Throwball" in Tamil. Published by Teachers Publishing House, Coimbatore in the year 2007.

The author is a very known person in Para volleyball in India. He has made 22 teams in Tamil Nadu, and conducted many coaching camps. In Para Volleyball, he has started NGO trust to support Disabled persons.

The author thought to introduce Throwball for Disabled persons because this game can be played by all ages and it required very minimal equipments.

The Para Throwball Federation of India is formed by Founder organizing secretary Dr.V. Albert Premkumar and Mr Ganesh Bhat in November 2021. Now this Para Throwball has started in 22 states, and all the states are affiliated to PTFI.

Now Para Throwball is being played in many countries by the disabled Parsons, so the author has taken the initiative to start world para Throwball Federation.

World para Throwball Federation Registered in India and board of directors from 21 Countries formed the governing council in 2024

SITTING PARA THROWBALL

Dimension of playing court -

Rule 27:

- A. length 10 Meters × breadth 6 Meters
 - B. Height of net 1.20 Meters
 - C. box. 60Cm
 - D. Service zone 3 Meters
 - E. all lines 3Cm width
 - F. post height 1. 30Meters
- See diagram 1.

Circumference 8 Cm to 10 Cm

Post 0.5Meters away from the side lines

Rule 28: Net

- A. made up of Nylon or cotton
- B. net length 7 Meters, breadth 1 Meter
- C. net box 10×10 Cm
- D. card and antenna
- E. Antenna fixed top of the side lines with 5 Cm white ribbon
- F. Antenna height 1.80 Meters Circumference 10 Cm
Painted with white and black strip

Rule 29 Ball

- A. Made up of synthetic
- B. Circumference 70 Cm to 72 Cm
- C. Ball weight 400 to 450 gram
- D. Football no 5 sizes can be used for practice
- E. Official balls must be PTFI seal printed
- F. Ball pressure 0.6 - 1.1 Atmosphere C = 600-1, 100gm/Cm
2 at sea level

Rule 30:

Players

- A. Each team will consists of 12 players
Players in play 7+substitutes 5
Two MD Players mandatory on play
While starting the game minimum 5 players must be inside the court, less than 5players team will be disqualified. One MD player is compulsory.
- B. Name of the players and number must be entered enter in the score sheet
- C. Players should not wear any metallic items

Rule 31: Position

- A. Players should stand as per the position given in the diagram 2

Diagram 1: Shown the Measurement of Playing Court

Diagram 2: Shown the Players Position

Diagram 3: Shown the player in 7th position will serve first

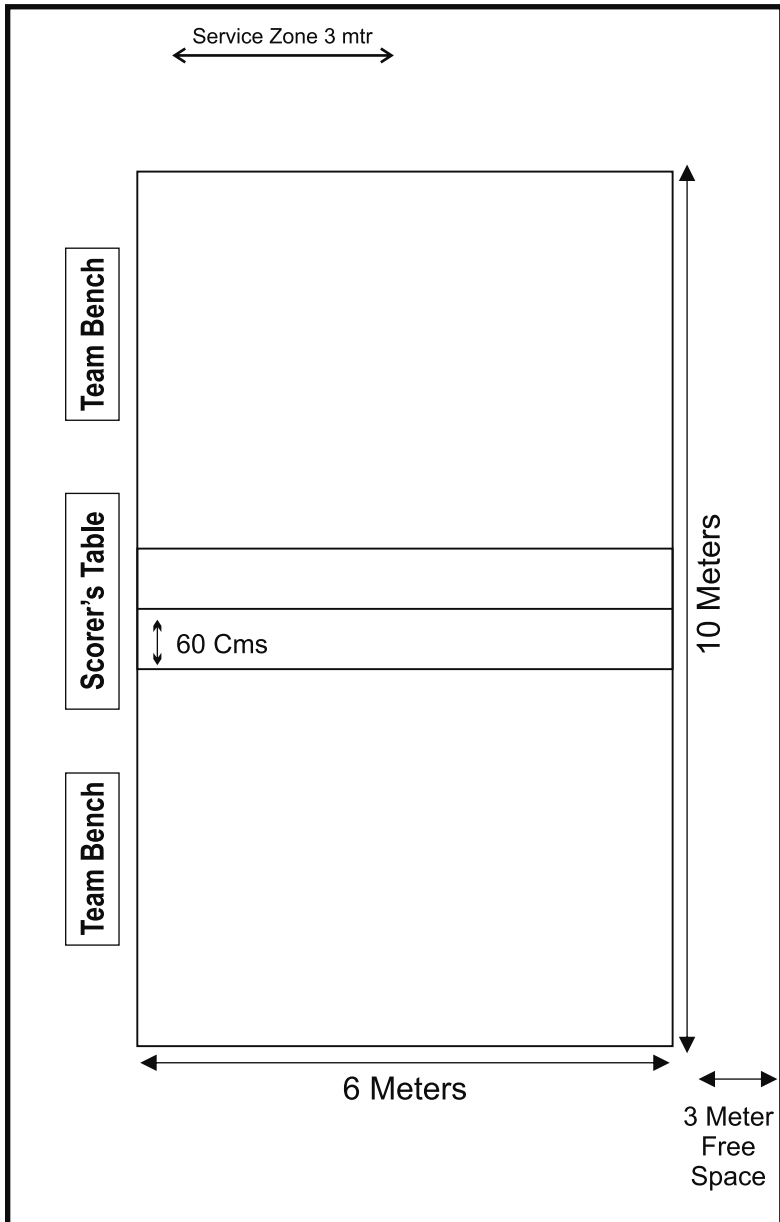
Diagram 4: Shown rotation as per given in the below diagram

Rule 32: Players Uniform

- A. Players should wear Uniform dress T-shirt and shorts or track pants
- B. Shoes are not compulsory
- C. Players number must be written in the back side of the T-shirt

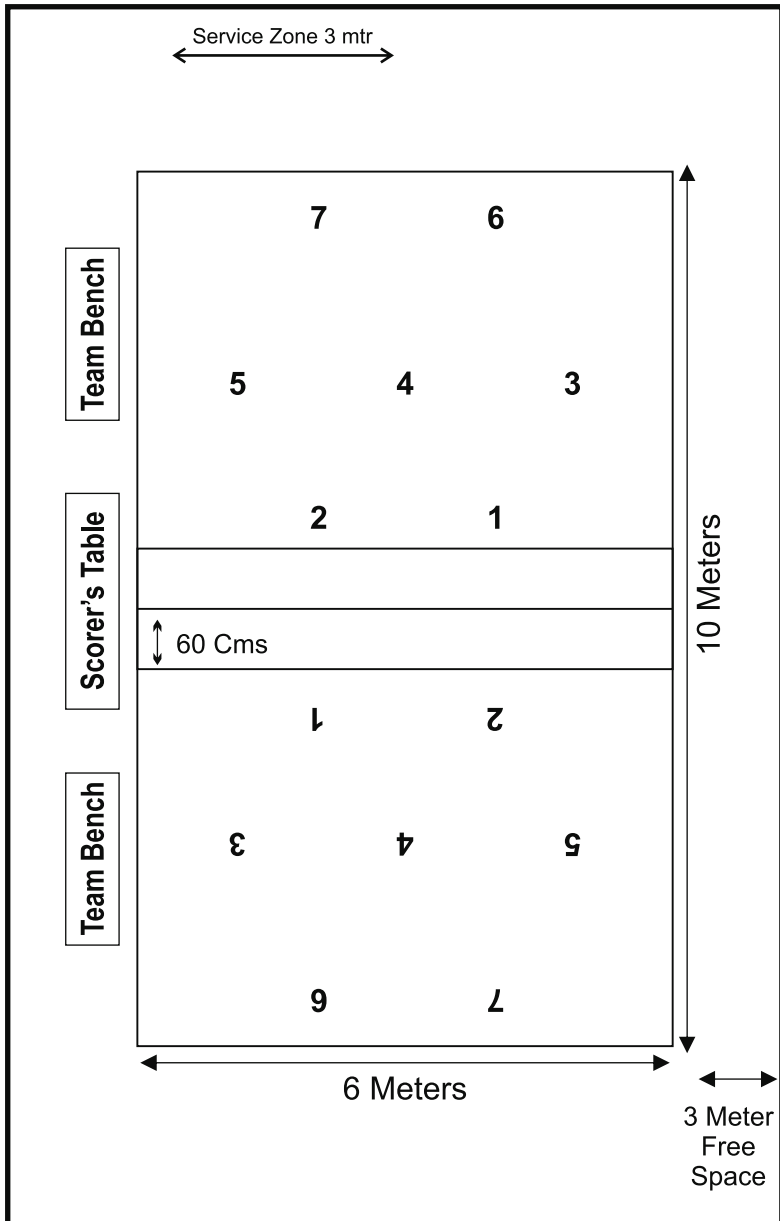
SITTING PARA THROWBALL

**Diagram 1:
MEASUREMENT OF PLAYING COURT**



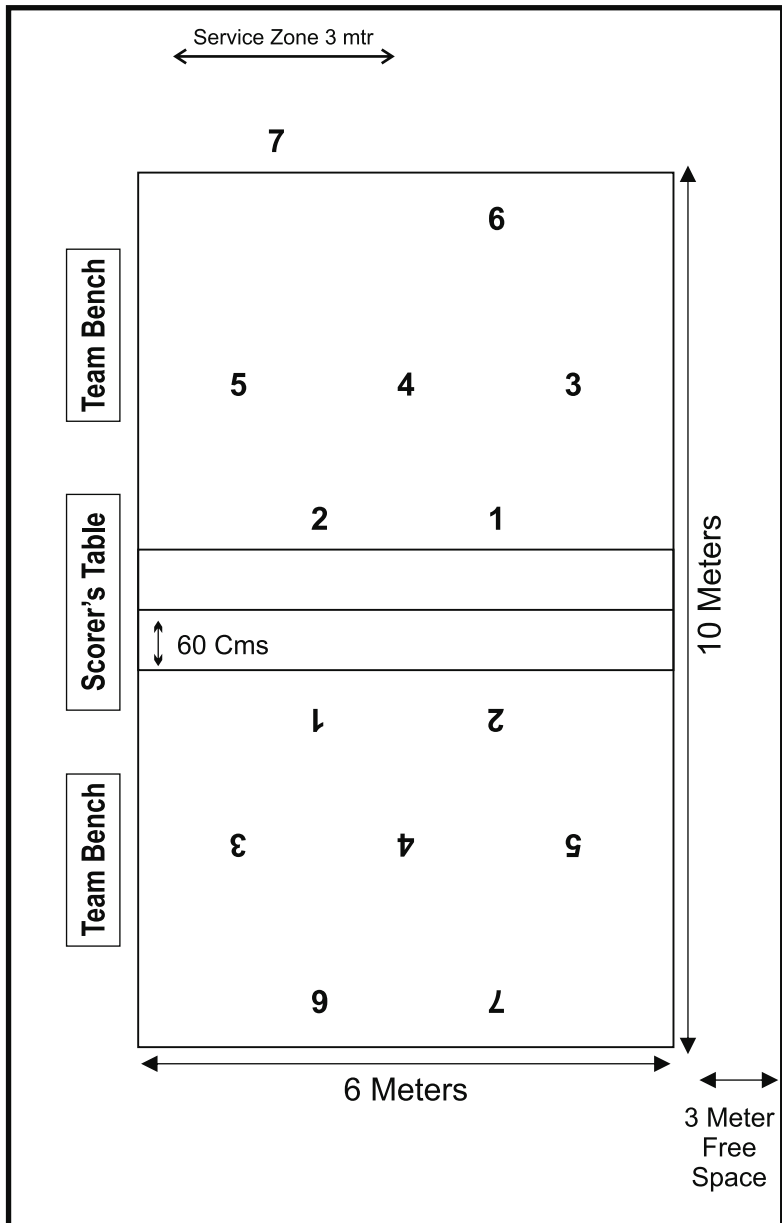
SITTING PARA THROWBALL

**Diagram 2:
PLAYERS POSITION**



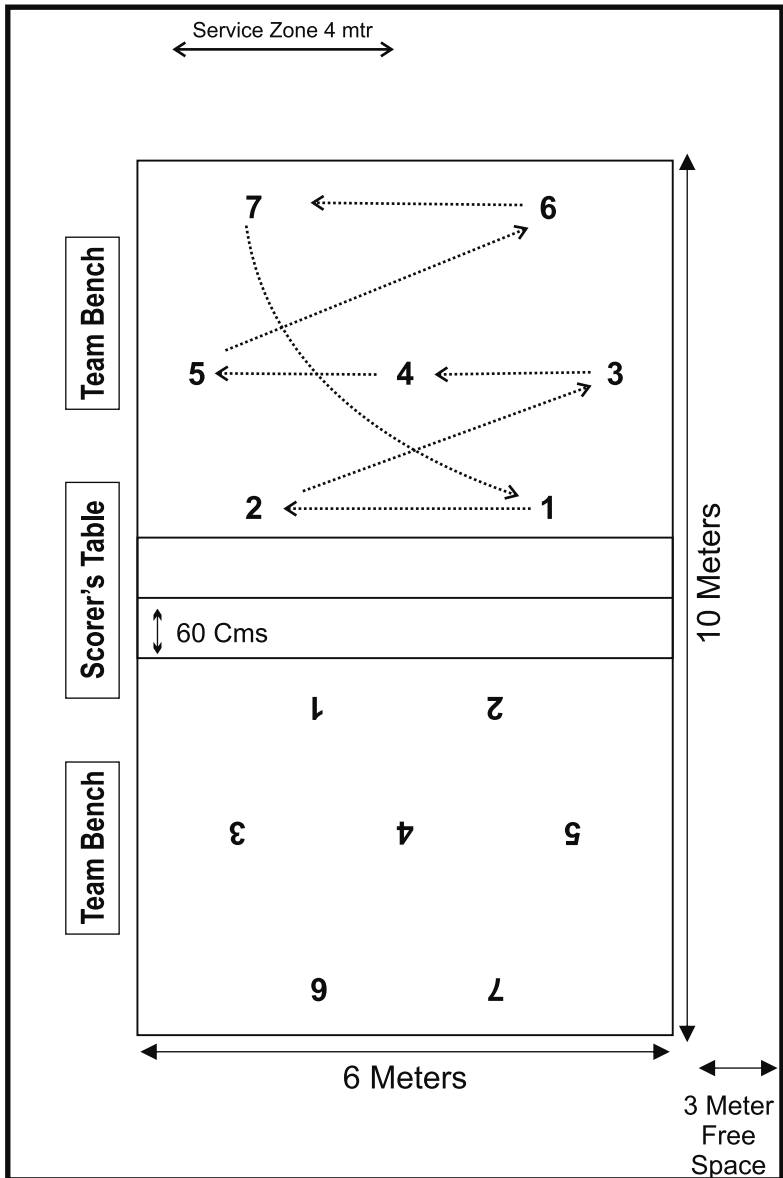
SITTING PARA THROWBALL

Diagram 3 :
The Player in 7th Position will serve First



SITTING PARA THROWBALL

**Diagram 4:
Rotation Order**



Rule 33: Game on play

- A. Referee will call both the captain & Toss the coin. Toss winner will choose service or side of the court
- B. players should sit in their position
- C. Game will start after the Referee will blow the whistle
- D. Rotation order should not be changed till the end of the game
- E. Rotation order changed after the team loosing point. The team loosing the point must change the rotation order if fail the point will be awarded to opposite team
- F. Each match consists of Three sets for the state level and National & International level 5sets will decided the winner The team which will win two consecutive games will be declared as winners
- G. If the team win each one game, then deciding set will be played
Toss will be done by the Referee and side and service will be taken by the toss winner. Any team reaches 13 points then the court will be changed
- H. During the service, players shall be in their respective positions, if any player in receiving team is not in the respective position, then the serving team will be awarded a point. If the players of serving team is not in their respective positions, then the team will lose service, however in case players of both the teams are not in their respective positions a common ball may be given
- I. Further, till the action of the service is completed the players should also maintain their zone position 2-3-2 or else will lose a point

- J. During the play, if the Referee will find any disturbance, he will call re-service

Rule 34: SERVICE

- A. The service starts from the Referee whistle and end with the ball released from hand
- B. The service should be one course of action from the shoulder level, if ball is served below the shoulder level it will be considered as foul.
- C. Player shall serve the ball within 5 second after blowing of the whistle from within the service area, without touching or crossing the buttock in end line of the playing area
- D. Any player serving the ball before the Referee whistle will be considered as foul and a yellow card will be shown for the first time and if similar sort of foul is made subsequently by the same team then the point will be awarded to the opponent team
- E. The service ball touching the net or antenna will not be permitted and service will be given to the opponent team.
- F. The service ball shall be returned only by one player of the opponent team and intentional second or passing the ball will be considered as foul
- G. If serving ball is touched by opponent jumping out of hand can be caught by another player and returned.
- H. Service ball touching all lines as considered as ball on court except touching box line.
- I. After the Referee whistle if server takes more than 5 second then the service goes to opponent

Rule 35 Ball in court or out of court

- A. Any ball during Play falling on the any lines of the court is a right ball except the box line
- B. Any ball during Play that falls into the in side or on the line of the box is dead ball .Team will loss point or service
- C. During play any ball that falls out side the court with or without touching the players is "Ball out"
- D. Any ball touching the antenna is foul.
- E. The ball touching the net during rally is permitted. Service ball should not touch the net

Rule 36 Ball in Rally

- A. Player can receive the ball in both hands and return only with one hand
- B. Player's buttock must have contact in the ground while returning the ball
- C. Player can receive the ball either in contact with the ground or on the Air Players can jump and catch the ball
- D. During play player's buttock touching the box is foul
- E. Second touch allowed while the first touch must not hold (can tap the ball)
- F. Ball should be returned above the shoulder level
Receiving the ball can be at any level.
- G. Players should return the ball within 3 Seconds

Rule 37 Possession of the ball

A. Catching the ball

Catching the ball must be with both hands at one touch.

Foul catch is the ball received in one hand and taking the support of another hand

B. Body touch is foul

(Ball touching any part of the body except palms)

Except for the upper amputee.

Rule 38

A Pushing the ball is a foul

B. Shifting

The player should throw the ball from the side of which he/she has received the ball. The ball shifting from right to left or left to right is a foul

If the ball received with the center of the body then he/she can throw the ball from any side

C. Delay

The ball should be released within 3 Seconds, more than 3 Seconds is a foul called Delay

D. Clash if the ball is received by two players or while catching two players are clashing with each other will be a foul.

Rule 39 scoring

A. All National level tournament each game winners will be decided by playing 5(five) set

But local matches or district and State level matches can be played by 3 set

- B. Each match who ever reach 21 point with different of two points is declared as winners

If both team reaches 21 point the play will continue until 2 point lead is reached.

Till 23 point if no team is leading with 2 points then who ever reaches 24th point will be declared as winners.

- C. The score board is mandatory for display of scores

In case no score board is available then table official will announce each point

Rule 40 SUBSTITUTION

- a. Substitution shall be allowed by the Umpire on the request of the Captain or Coach only.
- b. The substitution request shall made to the Umpire only and not to the referee directly.
- c. The action of substitution shall not be permitted during the period of team time-out or technical time-out or at any moment when the game is stopped for any reason. But once the players are back to their positions then substitution shall be permitted.
- d. Substitution shall be permitted in front of the scorer table, exactly in the neutral box, in which the outgoing player shall leave the court first and then the incoming player shall enter the court.
- e. Substitution is the act by which the referee authorizes the players to leave the court and another player (substitute) to occupy the position.
- f. Entering of a substitute player in to the court and exit of a playing player in that position of the court should be considered as completion of one substitution.
- g. There shall be 2 substitutions permitted in a set.
- h. One or more players may be substituted at one time in a set.
- i. A player can be substituted only once in a set.
- j. In case of the substitution of a player the same player should be replaced, i.e., One-is-to-One Substitution is mandatory.
- k. However, no substitution is permitted at 7th or service position.
Substitution for MD player must replaced only by MD players and for 'D' players same 'D' player must be replaced.
- I. Two minutes shall be given to injured player to regain and

commence the match, otherwise substitution shall be enforced by the referee. Substitution is not allowed for a player who is expelled from the set due to misconduct/red card.

The referee shall penalize the team/captain.

1. If there is unnecessary delay during substitution of players.
2. Illegal Substitution.
3. Requesting for substitution, even when the maximum limit of substitutions is completed.
4. Change of players in between sets shall not be considered as substitution but should be intimated to the scorer before the commencement of the fresh set.

3.7.1 Exceptional substitution

- a. Exceptional substitution under the limit of the rule may be permitted by the referee in case of injury of a player or if a player is unable to play due to ill condition of health. In such case the player entering the court shall start playing from position number one i.e., left side of the front zone, but not from the position where the injured player went out. At this situation all the other players shall move one position ahead.

Rule -41 TIME OUT

- a. Two time outs for each team in a set shall be permitted.
- b. Duration of each time out shall be 30 seconds.
- c. During the time out, players may go to the free zone and shall not be in contact with the playing area.
- d. Coach or Captain can only call for time out.
- e. Substitution of players is not permitted, during the time out.

f. **TECHNICAL TIME OUT:**

1. Time out may be taken by the referee as per the directions of the technical committee to regularize the implementation of routine rules of the game. The maximum time limit is 5 minutes.
2. Mandatory Technical Time Out shall be taken in the deciding the set, when any of the teams reach the score of 13

Rule 42 TIME DURATION

3.8.1 DURATION BETWEEN SETS

- a. Maximum of 5 minutes shall be permitted as duration between two sets upto to 4th set.
- b. Between 4th & 5th set the Maximum duration shall be 6 minutes.

3.9 DURATION BETWEEN MATCHES

- a. A team should be given minimum of 30 minutes duration in between the matches up to quarter final. (All league matches).
- b. A team should be given minimum of 45 minutes before it plays in the semifinals.
- c. A team should be given minimum of 30 minutes, in a semifinal super league round.
- d. A team should be given minimum of 60 minutes duration before it plays the finals.
- e. Whenever the semifinal matches are played for Best-of-five sets, then 90 minutes of duration should be given before the final of third position match.

Rule 43: CONDUCT AND PUNISHMENT

3.10 CONDUCT

Conduct of players / coach / manager may be considered as misconduct in the following circumstances.

- a. Addressing or questioning the officials repeatedly regarding decisions or influence the decision.
- b. Making unpleasant actions or movement to influence the decision.
- c. Leaving the court without informing the umpire/referee, except between the sets and during time out.
- d. Any kind of force/action to influence the decision.
- e. Team members abusing the opponents, spectators, groundsmen, Officials etc.
- f. Unsportsmanlike behavior in the court by the team members.
- g. Tampering /Damaging the playing surface or play related equipments.

3.11 PUNISHMENT

- a. If any kind of misconduct as stated under the rule, exhibited by the player, shall be warned with the yellow card by the referee.
- b. If the same player exhibits the misconduct for the second time, shall be expelled from the particular set indicating the red card by the referee.

- C. If the same player repeats any kind of misconduct for the third time, shall be expelled from the remaining part of the match indicating both yellow and red cards by the referee.
- d. In case, players exhibit a severe unforgivable misconduct, at once, the shall be expelled from the entire set/match/tournament indicating yellow and red cards by the referee. However, the decision can be executed by the referee in consultation with the Technical Committee.
- e. If the Manager/Coach exhibits any kind of misconduct, shall be warned with yellow card for the first time and for the second time red card shall be shown and expelled from the team bench and shall be sent out to be seated in the spectator stands.
- f. If one or more players are expelled from playing due to red card, then no substitution shall be permitted for such players for that particular set and the remaining part of the set shall be completed with left out active number of players only:
 - 1. Then the position for 6 players shall be 2-2-2
 - 2. The position for 5 players shall be 2-1-2

3.12 ABANDONMENT OF THE MATCH

- a. The match can be stopped by the referee in any unforeseen incidents natural calamities, disturbances and etc., for maximum of 30 minutes.
- b. In case of more than 30 minutes delay, the entire match shall be replayed.

- c. However, referee shall consult the convener/ organizing secretary/ technical committee in any such unforeseen incidences before the execution of the decision.

Rule 44

3.13 PROTEST

- a. A protest shall not be entertained in any case against the referee's decisions.
- b. However, the protest on the point of fact on other matters related to the game shall be entertained.
- c. Protests shall be lodged only by the manager or captain in writing within 15 minutes soon after completion of the match along with the prescribed fee.
- d. There shall be a protest fee of Rs. 1000 (to be paid to the convener of the tournament). If the protest is upheld, half of the fee will be returned otherwise the fee will not be returned.
- e. If there are any objections before the commencement of the match by either of the teams, the match shall not be stopped and played under the protest. However if a team does not turn up within the stipulated period of 15 minutes. The present opponent team shall be declared as winner of the match.
- f. Age related protests shall be received from the teams only if there are necessary & authenticated documents produced by the protesting team.

Rule 45

MATCH OFFICIALS

- a. There shall be seven officials for a match. One referee, one umpire, two line umpires, one scorer and one assistant scorer and one observer.
- b. Referee shall be solely responsible for the smooth conduct of the match ensuring the assistance from the remaining officials and referee's decision shall be final.
- c. The observer shall control the play area including the free zone and shall report to the technical committee about the conduct of the match.
- d. Umpire shall line up both the teams call the captain, toss the coin, decide the service / side of the court and indicate the referee to commence the match.
- e. Umpire shall note the chest numbers of the players, position of the players and shall maintain and regulate the rotation order of the players. Umpire shall also observe good/out ball on the respective sidelines and can assist the referee. e.
- f. Scorer shall ensure the entry of the names of the players along with the chest numbers before commencement of the match. Scorer always should maintain scoring point by both the teams throughout the match. Scorer should also indicate 13th point of the deciding set to the referee for side change.
- g. Assistant scorer shall record substitution, time out and punishment or warnings exercised by the referee.

- h. Line umpires shall observe the ball in/out of the respective sides. They shall also observe line cross of the player during the service.
- i. Match convener designated by the Federation shall decide and allot the officials for every match from the available officials and also should coordinate to regulate and supervise all matches.
- j. Score display board may be arranged conveniently by the local organizers. 26

OFFICIAL UNIFORMS AND EQUIPMENTS

Officials shall act only in the specified uniform and essential equipment.

SPECIFIED UNIFORM

- 1. International Officials: Sky Blue Shirt with Dark Blue Collar Pant with World Para Throwball logo
- 2. National Officials: Maroon Shirt and Black Pant
- 3. State Officials: White Shirt and Black Pant
- 4. Local Officials: White and White Uniform

SPECIFIED EQUIPMENT

- 1. Every official must have one whistle; one set of indicator cards (yellow and red) a pen and a pocket diary.
- 2. Size of the card shall measure 5x8 cm
- 3. Game equipments: Official Ball, Net, Measuring tape, Antenna pipe and Ribbon and any other accessories necessary of the smooth conduct of the match/game.

4. Large visible board for scoring.
5. A stopwatch is mandatory for a scorer to have a check at the situations when the match is interrupted.

TOURNAMENT ORGANIZATION

Organization of Throwball tournament by and club/ institutions / organizations / federations at any level shall be carried out with prior permission from (a) The office of the World Para Throwball Federation in the case of international events; (b) The Asian Para Throwball Federation, at Asian level and with the approval of International Federation

Generally, the tournaments may be organized at rural or city areas, where in the minimum facilities are available. Tournaments may be organized at regional State, National and International level.

The organizers should arrange all the necessary approved equipment / materials required for conducting of the game. The organizers should ensure the healthy atmosphere for the conduct of the entire game successfully.

The general guidelines to be followed for the organization of tournaments at different levels are as under:

Rule 46 Management Tournament Administration -MTA

Tournament Organisation chart

The Chairman - Tournament committee

The convenor

The Director - The Technical committee

Organizing secretary

Classifier

Organizing Asst secretary

The manager

Chief official

Observer appointed by the Federation

Responsibility of the officials

The chairman :

He/She will be the chair person for all meetings

The president :

The President of the Federation will be the tournament chairman

He/She will be inspecting venue along with the committee

Decision of the committee if stands 3 and 3 then chairman vote will be deciding

The Convenor:

He/She will be arranges meetings for an official group

Maintain board of practice and procedure

Chairperson for all sub committee

Director - Technical committee:

He/She is responsible for appointing officials
Inspecting Venue
Approval will be given for court standard
Approval of equipment
Conduct official clinic

The organizing secretary :

He / she is organizing fixing the venue
Fixing the meeting
Executing the resolution passed in the meeting
Arrangement of all equipment
Co ordinate with all sub committee
Responsible for fixing matches
All action of the Tournament will be governed by the secretary
He shall have all the correspondence on behalf of the society
He/she will discuss with the chairman from time to time and arrange to hold the meeting and send circulars for such meetings with the information of the agenda and other information on preparations.
All the records of the tournament will be maintained
All minutes of the meeting will be maintained
The secretary along with the chairman and manager will prepare the budget of the tournament
The secretary have the right to appoint officials in case any

tournament official is absent.

The secretary have rights to appoint working staff for smooth conduct of the tournament

The secretary with the Chairman shall operate the bank account

Classifier :

1. A qualified classifier be appointed by the organizing committee.
2. Classifier must give the certificate whether the para throwball player is mild Disabled (MD) or Disabled (D).

The Asst Secretary :

He/she will be appointed by the secretary for executing the work

He/she will follow the instruction of the secretary.

The Manager :

He/She will be responsible for

Tournament orders

Arrangement of court

Arrangement of facilities

Appointing officials for transport and accommodation

Coordinating with chairman and secretary

The Chief official :

He/she will appoint tournament official

Responsible for conducting the tournament

She/He will declare the result

The Jury of the Game :

Basic Skills

The Following Are the Basic skills for Para Standing Throwball

- A. Service
- B. Catching
- C. Throwing

A. Service

There are Three types of service as follows

- 1. High Service
- 2. Low Service
- 3. Spin Service



1. High Service

This type of Service will be helpful to place the Ball in the back zone to Avoid the best player if in the front Zone

Method of high Service :-

- 1. Keep the left foot front and right foot back side stand firmly on the Ground [As seen in the Photo]
 - 2. Keep the ball in the right hand Above the shoulder level and take the right leg towards front and throw the ball
- After holding the ball, throwing must be one course of action

2. Low Service

This type of Service will be helpful to place the Ball in the Front zone to Avoid the best player in the Back Zone. This service will be more forceful and speedy

Method of Low Service :-

- 1. This type of Service must be same as the High Service But the ball Should be thrown Just above the net.





3. Spin Service

Throwing in this manner makes it difficult for opponents to catch. Because the ball would go away from the hand.

Method of Throwing:-

Similar to low ball throwing. But in this the ball should be thrown with spin while throwing it from the hand.

B. Catching the ball:

On catching the ball,

1. High Catch
2. Under Arm Catch
3. The ball can be classified as Chest Catch.



1. High Catch:

This technique should be used when the ball is overhead. Move towards the direction of the ball and catch the ball.

Upper Amputee Catching Method

The Body Touch is allowed only for the Upper Amputee as illustrated in the following images.



PARA THROWBALL (VS) CLASSIFICATION CHART

	NOT ELIGIBLE	MILD DISABLED (MD)	DISABLED (D)	Impairment Type
Amputation One Upper Limb	Amputation of partial digits (phalanges)	Any four digits ¹ on the hand at MCP joints; Thumb and 2 adjacent fingers on one hand	All five digits (4 fingers and a thumb) at MCP joints on one hand or more proximal amputation	Limb Deficiency Amputation/Dysmelia
Amputation Both Upper Limbs		Thumbs both hands; or index and long fingers both hands	Eight digits across both hands; or first three digits across both hands	Limb Deficiency Amputation/Dysmelia
Amputation Lower Limb	Amputation more distal than Lisfranc	Chopart or Lisfranc (one or both sides)	Through-ankle (no calcaneum) or more proximal amputation	Limb Deficiency Amputation/Dysmelia
Amputation Upper & Lower Limb		Combination of amputations in upper and/or lower limbs - class determined by their most severe impairment	Combination of amputations in upper and/or lower limbs - class determined by most severe impairment	Limb Deficiency Amputation/Dysmelia
Dysmelia Upper Limb	Unilateral dysmelia in which the length of the affected arm measured from acromion to most distal point of affected limb is shorter than the unaffected arm measurement by <25%	Unilateral dysmelia in which the length of the affected arm measured from acromion to most distal point of affected limb is shorter than the unaffected arm measurement by 25 to 32%	Unilateral dysmelia in which the length of the affected arm measured from acromion to most distal point of affected limb is shorter than the unaffected arm measurement by >32%	Limb Deficiency Amputation/Dysmelia
Shortening Lower Limb	<7%	7-32%	>32% (33% or more)	Leg Length Difference

Loss of muscle points ONE Upper Limb	<15 muscle points	Total loss of 15-24 muscle points	Total loss of 25 or more muscle points	Impaired muscle power
	Loss of less than 3 muscle points in Shoulder flexion	Loss of 3 muscle points in Shoulder flexion	Total loss of 20 muscle points in shoulder	Impaired muscle power
	Loss of less than 3 muscle points in elbow extension	Loss of 3 muscle points in Elbow Extension		Impaired muscle power
Loss of muscle points ONE or BOTH Lower Limbs	<7 muscle points	7-15 (muscle point loss cannot be applied to the stiff ankle)	16 or more	Impaired muscle power
PROM Shoulder	More than 90 degrees abduction and/or flexion	Abduction and/or flexion not more than 90 degrees one side	Abduction and/or flexion not more than 90 degrees both sides	Impaired Passive ROM
PROM Elbow one side	Elbow extension deficit of less than 45 degrees	Elbow extension deficit of 45-89 degrees;	Elbow extension deficit of 90 degrees or more	Impaired Passive ROM
PROM Wrist one side	ROM of the wrist >5 degrees arc of motion (not ankylosed)	Stiff in position between 0 degrees (hand in line with forearm) to full extension	Stiff in position below 0 degrees (hand in line with forearm) to full flexion	Impaired Passive ROM
PROM Fingers		Afunctional one hand	Afunctional both hands (e.g. postburn contractures)	Impaired Passive ROM
PROM Hip	More than 90 degrees of flexion	Not more than 90 degrees if flexion	Stiff in any position	Impaired Passive ROM
PROM Knee one side	More than 90 degrees of knee flexion	knee flexion is between 46-90 degrees measured from full extension	knee flexion is 45 degrees or less measured from full extension; or stiff knee in any position	Impaired Passive ROM
PROM Ankle	Any passive ROM in ankle joint	Ankle is ankylosed in any position		Impaired Passive ROM
Joint instabilities				
	Not Eligible Impairment			

* "Digits" = refer to thumb and fingers

Mental Practice

It is important for a coach to help the individuals develop how they think, their mental skills, as it is to develop their physical ones. In this unit you will be introduced to some of the factors that influence performance and how these factors may be controlled by the use of mental skills. This is clearly a psychological aspect of coaching, but it is also true that part of coaching is without the psychological aspects.

Mental Skills:

Once you gain an understanding of how you can apply and develop mental skills you will find that the benefits will extend far beyond the world of Para athletics. These skills are of great benefit to coaches and Para athletes in everyday life. Mental skills are not just a means of avoiding or recovering from disasters. They also play a very important part in organising practice and training effectively so that things go correctly in the first place. Remember that no matter what label you apply to this aspect of coaching, the most important part of the coaches responsibility is getting to know your para athletes. You cannot help them to think without knowing how they think. Most para Athletes and coaches recognise that physical development alone is no guarantee of success in para sports. A para Athlete must have the correct frame of mind. Psychological preparation is as important as physical conditioning. Getting both right together is what creates an excellent or peak performance, rather than an average performance it is important to emphasise that everything

in this unit relates to anybody who wants to be better at what they do. These skills can help your para athletes become better para athletes, and can help you to become a better coach.

Mental skills require practice in exactly the same way as physical skills. Just as with physical skills, some individuals will pick up mental skills much more easily than others. But, with practice, anyone can improve their mental skills. Before looking at the techniques for developing mental skills you need to understand what is meant by the terms personality and motivation.

Personality:

Professional psychologists have tried to measure personality in many different ways.

The most important conclusion from all their research is the apparently obvious statement that no two people are the same. This is an important statement for the coach because it means People will interpret the same piece of information differently.

- People will respond differently to the same situation and the same person will also respond differently in different situations

Motivation:

Motivation basically means how much an individual want to achieve a goal and to understand motivation we need to know what goals an individual has Individuals have many different goals in being involved in para athletics. Typical reasons are

- to have fun
- to master new skills
- to compete and win
- to make friends to experience excitement
- to become fit

Understanding the reasons why your para athletes are taking part is very important. Unless they obtain what they are looking for from sports, they are unlikely to want to stay involved with it and will choose to drop out. External pressure from coaches and parents is unlikely to increase motivation in para athletes in the long term and may actually decrease it. Self motivation and fulfilment is what makes a truly successful para athlete, not the imposed ambition of someone else. As a coach you can motivate your para athlete by helping them understand what they want to achieve, their goals, and how they will achieve them.

Goal Setting:

Knowing What Your Para Athletes Wants to Achieve

Perhaps one of the most fundamental skills for a coach is goal setting. Para athletes need clearly defined goals so that they have targets to aim for. They need to know exactly what they have to do to achieve these targets and know when they have achieved them. Goals need to be set out for the next training session, the next week, the next month and the whole season. The goals should build towards well defined important events in the athlete's experience.

Good goal setting increases motivation and also helps to build self confidence in the para athlete. Setting these goals should be a joint effort between the coach and the para athlete.

The main features of good goal setting are:

- Goals should be structured into long term. short term and intermediate
- They should be seen as stepping stones to success
- They must be accepted by the para athlete.
- They must be of varied difficulty, with some challenging but realistic.
- They must be measurable so that success can be recognised
- They should determine what an para athlete has to do. They should not specify outcomes that depend on others

Acceptable Goals

The key to success in goal setting is focusing the para athlete's attention on an appropriate goal. The precise choice of goal can be influenced by almost everything that influences performance, but the para athlete must believe them to be appropriate. If they don't then the goal will not motivate and guide their behavior. Para athletes will only make an effort to achieve goals which they accept. Consequently, goal setting must be a shared experience.

Difficulty of Goals

How difficult should goals be? We do know that success breeds success and para athletes will get the best results if you try to help them experience success, and help them to set their goals accordingly. If goals are set which cannot be achieved at least 50% of the time your para athlete will fail more than succeed. To be effective the para athlete must see the goal as a realistic challenge. The goal must be seen as difficult enough to be worthwhile, but easy enough to be achievable.

Specific Goals for Measuring Success

Achieving a goal is success. In setting the goal you need to know how you will judge success. Simply deciding to "do your best" is open to misinterpretation and is not a sufficiently specific goal. To be effective, goals should be specific not general.

Recording Goals

Goals should be written down. Always discuss the possibilities in a situation before you write the goal down. The goals do not always have to be physical achievements but can be used to change and modify both physical and mental performance.

Emotional Control:

Learning to Control Anxiety

Anxiety means simply how much an individual is aroused or ready for a given situation. Anxiety is always present in any situation, although when levels are low we may not even notice it. Many times anxiety is used incorrectly to mean only those characteristics of individuals who are showing very high levels of anxiety. When you know an para athlete well it is often easy to see whether they are over-anxious or not. The symptoms of anxiety can be seen as falling into two types.

- Worry
- Physiological arousal

Worry refers to thoughts or images about what might happen in an impending event, while physiological arousal is part of the body's natural preparation for "fight or flight". Examples of physiological arousal include increased heart rate, sweating and the need to go to the toilet.

We all know people who appear never to worry about things. They are relaxed and possibly under aroused, that is their anxiety levels are too low. Then there are some individuals whose anxiety levels are very high all the time. Personality certainly affects how individuals see things, but the response of anxiety can

be controlled with practice. If we look at how performance relates to anxiety we see an inverted-U shape curve. Performance at low and high levels of anxiety or arousal are not as good as an optimal mid point. This optimal level of arousal is different for different individuals. Also the same person has different optimal levels of arousal for different situations. A para athlete, for example, may need to be psyched up if he is competing on his home track where he always trains. But he may need to stop his anxiety levels going too high when travelling to do the same event in a major championship in an unfamiliar setting. Helping athletes to control their anxiety levels is one of the most important responsibilities of the coach. It does not matter how well physical preparation has been if the athlete arrives at the competition and is unable to perform at their best due to being under or over aroused. There are two ways in which the coach can help prepare the mental skills of emotional control.

- Effective goal setting to increase self confidence.
- Using Appropriate Relaxation Techniques

We have already looked at effective goal setting. The para athlete who has clear targets can focus on these rather than some vague worry about all the possibilities of competition. Relaxation is as much a physical skill as throwing a shot or jumping over a bar. Because it is a physical skill it can be taught and improved through practice. A para athlete who is skilled at relaxation can use these

techniques when anxiety threatens to go too high by controlling the physical responses to anxiety. When goal setting and relaxation work together the para athlete should be in a position to control levels of anxiety and concentrate thoughts on the efforts required for competition.

Communication:

Communication is the two-way process of exchanging information between the para athlete and coach, and assists motivation, goal setting and all skills learning. Success in coaching depends to a large extent on your ability to communicate effectively in a variety of situations and with people of all types and ages. Communication skills, like all skills, can be learned. Each individual has the potential to practice and improve their ability to communicate. Communication consists not only of sending messages but receiving them as well: Coaches tend to be very good in the sending area of communication but many times pay little attention to receiving.

Communication is not simply talking and listening. It also include forms of non-verbal communication such as facial expressions, clothes and appearance and bodily posture. Verbal communication of sending and receiving is important Non-verbal communication is of equal, if not more. Importance as it has been estimated that over 70% of information between two people is

carried non-verbally Every message a person sends is composed of two parts, content and emotion. Content refers to the information in a message and emotion refers to the feelings you have about the message. The content is usually sent verbally and the emotion, non-verbally. Emotion can also be transmitted not by what you say, but how you say it. How you say something includes the qualities of speech such as volume, tone and tempo. Choosing the correct speech pattern is one of the ways to make communication more effective.

Sometimes the communication between a para athlete and a coach is ineffective and there may be many reasons for this, The coach may not communicate what was intended, the message may be wrong for the situation or there may be a lack of the verbal and non-verbal skills to send the message. The para athlete may not be paying attention to the coach, or he may misunderstand the message that is sent. Ineffective communication is not always the fault of the coach, nor is it always a problem with the para athlete. Usually problems in communication is with both sides, the athlete and the coach. If the coach develops his communication skills many of these problems can be avoided. Perhaps you should ask yourself "How do I communicate most of the time"

Assessing How You Communicate

This exercise will help you think about how you are delivering your messages to your athletes Circle the numbers you

think most accurately reflect how you, communicate most of the time Be honest and answer as you really communicate, not how you would like to communicate.

Developing Effective Communication Skills:

You can improve your communication skills and an evaluation of your answers to the previous exercise can help you see the areas you need to improve. Effective communication involves the following skills:

- Gaining the athlete's attention
- Learning to use your voice
- Developing non-verbal skills
- Developing listening skills
- Developing and maintaining credibility

Para athletes must be ready to listen to you before you start to speak There are a number of ways of gaining attention such as a whistle or a raised hand. Which ever method is used is important to have the full attention of para athletes. For this reason try to eliminate anything which will interfere or distract the listeners. To maintain attention with a group around you. should make sure they are placed, so that all can hear and see what is happening Face learners away from the sun, and other visual distractions so that concentration is directly on you the coach.

REFREE'S SIGNALS



(To Start the Match / Set)



(Line Cut or Cross)



(Body Touch)



(Shifting)



(Dubs)



(Clash)



(Three Touches)



(Good ball)



(Out Ball)



(Taping or Pushing)



(3 Sec Rally)

(5 Sec Service)



(Common Ball)



(Ball Out)



(Touch out)



(Ball In)



(Change of Cour)



(End of the Match)



(Time Out)



(Official Time Out)



(Throwing from below the Shoulder)



(Dead Ball)



(Substitution)



(Net Touch)



(Wrong Position)



(Wrong Rotation)



(Yellow Card)



(Red Card)



(Yellow and Red Card)



(Both hands throw)



(Ball on the Line)



(Ground Ball)



(Jumping and Throwing the Ball)



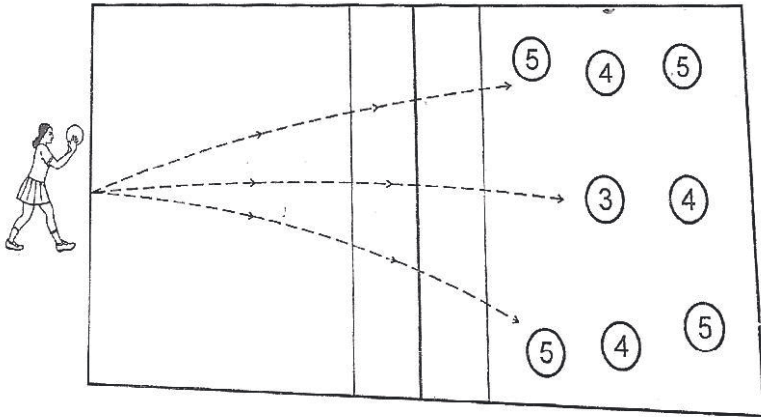
Re-Service

Basic Skill Training

1) Ball Throwing Practice:

a) Matt Practice 50 times

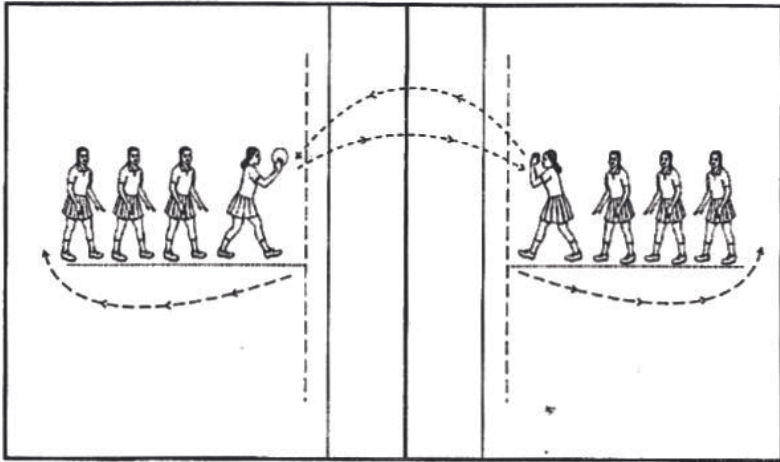
b) Distributed Practice (10 2-10-2)



There are two types of ball throwing exercises.

1. Throwing the ball 50 times in a row.
2. Splitting the ball into ten, ten times and throwing the ball 2 minutes apart.

Make a mock drill on the pitch as shown in the picture. Each student has to throw the ball from the boundary line. Practice by throwing the ball 30 times continuously at the specified place. Similarly, the first ten times should be done at a certain place and then after a 2 minute interval, the next ten times should be done at another place.

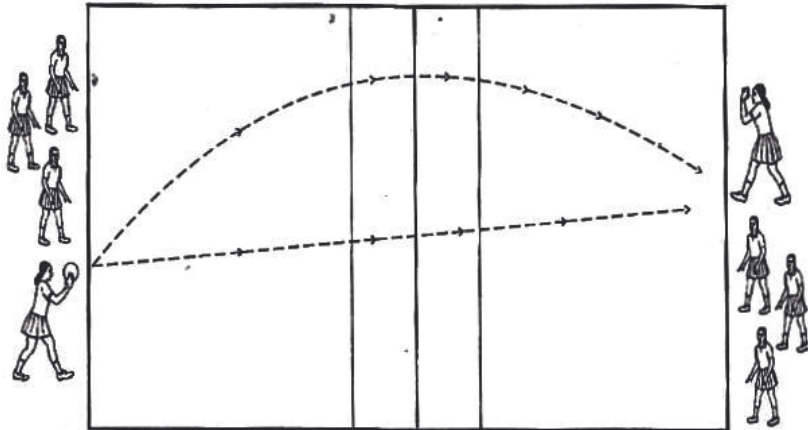


2) Catch and Dispatch Practice:

As shown in the picture, the students should divide into two groups and stand in a row on the field. A student in one row must throw the ball over the net to a student in the opposite row. Then the student should go to the back of his queue and join. In this way the students should practice by throwing the ball from both sides.

3) Exercise for raising and lowering the ball:

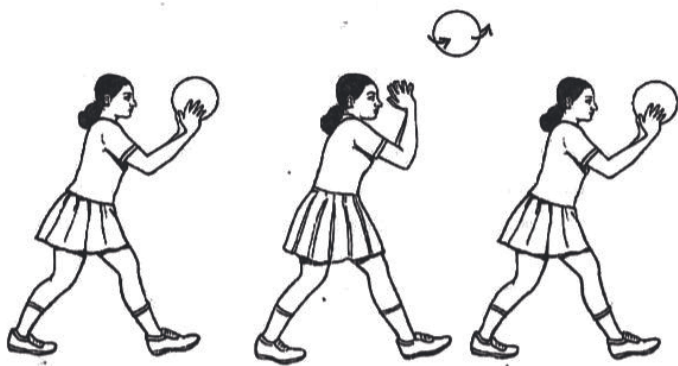
As shown in the picture, the students should divide into two groups and stand in a row in the throwing area (Smic Ana) and practice throwing the ball high above the net, close to the net or a little further to the net.



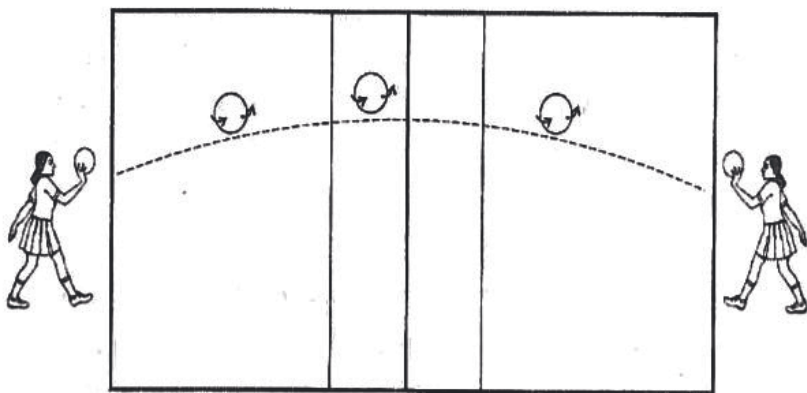
Each student should do 10 repetitions of high throw exercise and 10 repetitions of low throw exercise. During this exercise you should stand with your legs spread and throw the ball with your right hand above your shoulder. Also during practice, throw without touching the service line or end line.

4) Spinning Practice:

This exercise can be done in two ways. 1. The student can roll the ball over the head while standing. Practice throwing and catching again



2. Another type of drill can be done on the field where the service is standing in the bowling area and the ball is thrown from the right hand to the opposing team. When throwing the ball, the ball should be thrown so that it goes away. Thus ladies can do this exercise from the opposite team.

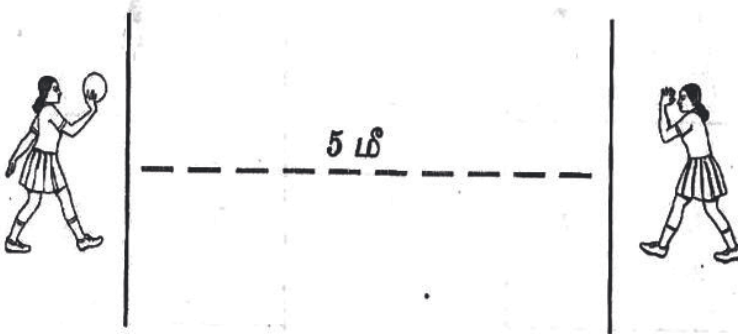


5) Exercise for Catching Ten

(1) Hold the ball with your hand up and throw it in the air at a distance of 5 meters. When a ball is thrown, it should be held high above the head in front of her

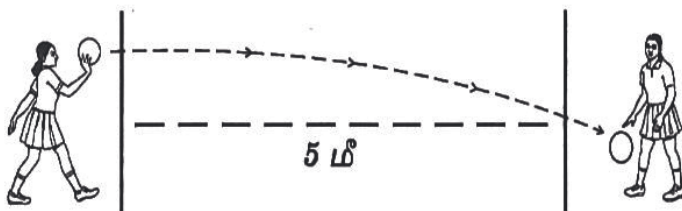
Look at the ball and raise your hands up and place your palms as if they are flowing towards each other, spread your fingers well and catch the ball. No matter where the ball comes, i.e. left, right, front or back, this exercise should be done while standing with the legs slightly apart to catch it.

(1) Catching the ball with the hand down:



Two students stand opposite each other at a distance of 3 meters and while one girl throws ten, the other girl has to lower her hand below the shoulder and hold it.

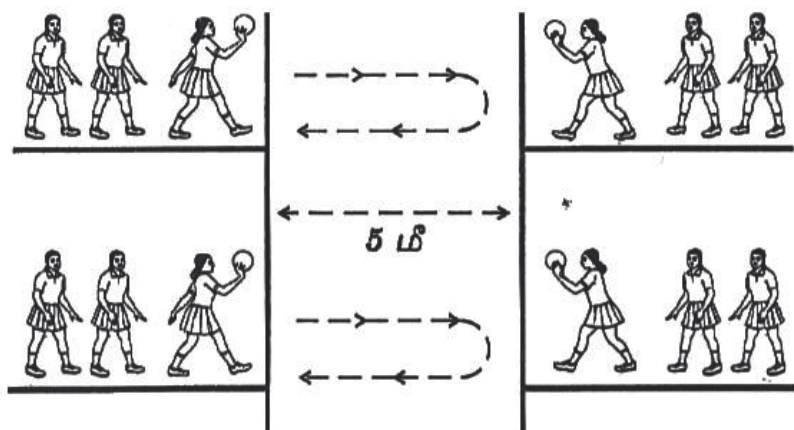
Look at the ball and lower your hand and hold the ball firmly with the palms facing each other. In this case, the body



The mind should hold the ball slightly forward. Students can do this exercise standing opposite to each other.

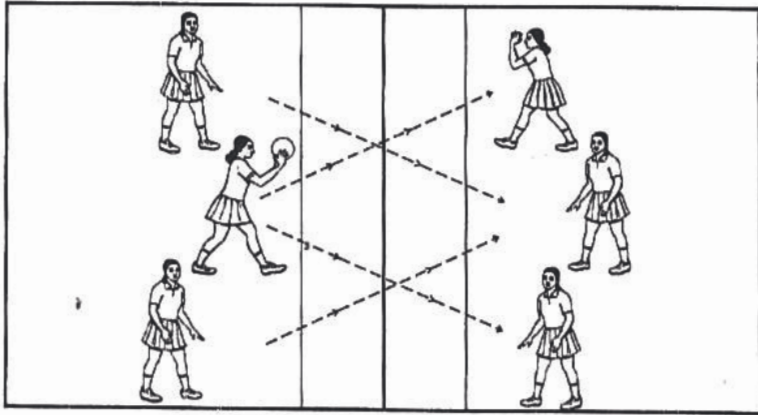
(3) Training for catching the ball at rib level

As the students have shown in the picture



Three People should stand in two groups on one side and the other three in the opposite direction at a distance of 5 meters. When the student throws the ball, the opposite student should extend the ball straight in front of the ribs and catch the ball and throw it back again and repeat the exercise 62

6) Placing the Ball :



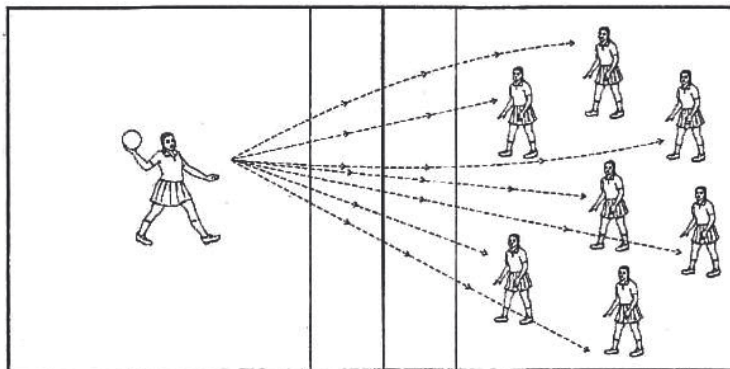
Girls should stand on both sides of the volleyball court next to the net i.e. near the common line 1.5). The girls on one side have to throw the ball over the net near the common line. While throwing in this way, alternate throwing to the left, right and middle and practice continuously.

7) Throwing with deceptive looks:

This is a great strategy in bowling. Stand in two teams on the pitch and catch the ball on both sides. While throwing the ball, you should swing your arm as if you were throwing it to the left and throw it to the right. Also throw to the right while looking at the left side of the opposing team. In this way, you can practice throwing the ball by tricking the opponent by sight and hand movements. Also, swing the ball like a fast throw and drive the net, back and forth, alternating the ball.

Lead up Games

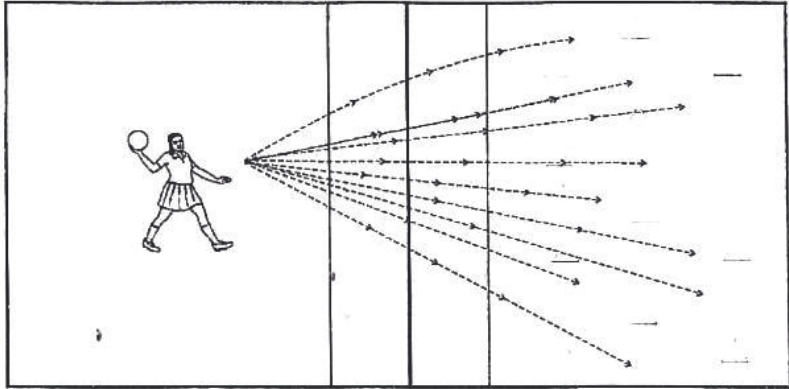
Pioneer Games (Leadup Games)



(1) Targeting the ball:

Divide the students into two equal groups. A group of students should stand on the pitch as shown in the picture. Another group of students should each stand on the opposite field and aim to throw the ball so that it lands right on the feet of the students of the opposite team. The students of the opposing team will stand at one place without moving anywhere. Each student will be given 10 opportunities. A mark is awarded if the ball hits the feet correctly. Whichever team gets the highest score will be declared the winner.

2. Throwing

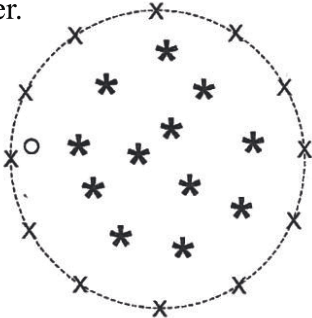


To divide the players into two parallel groups, the player should be spread out in one part of the playing field at intervals. Each student from both teams must come from the bar of the field and correctly land the ball in the gap between the goals. 1 point is awarded if the ten is not hit on the corner and no score if the ball is hit on the corner. The team with the most points wins will be notified as received.

3) Darge Ball

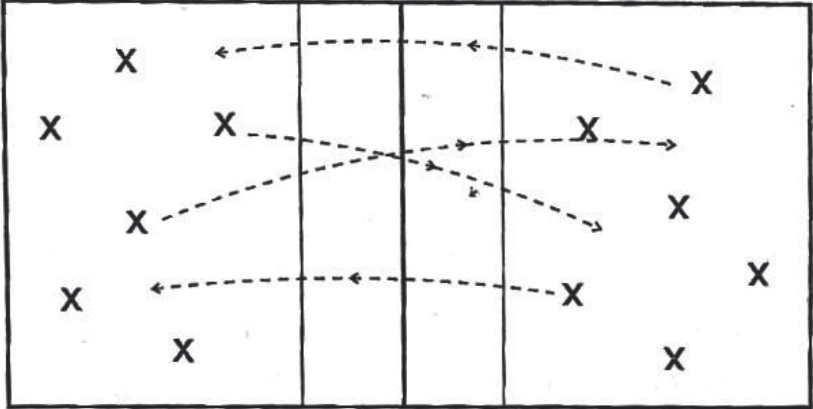
Divide the students into two equal groups. Player in a group should stand in a big circle. Another group of player should stand apart inside the circle. The player in the circle should aim and throw ten at the ankles of the students standing in the circle. Only one ball is used. Standing inside The girls should jump or run so that the ball

does not fall on their feet. The student who has the ball on her feet should join the circle. The last student to leave in both groups will be declared the winner.



8) Accuracy Training (Placing) :

The girls should stand on both sides of the field as in a competitive game. Then when throwing the ball, the ball should be thrown in a place where there are no people. That is, two students should do this exercise by throwing back and forth in the space between them and near the common line.



SCORE SHEET

PARA THROWBALL FEDERATION OF INDIA



Name of the Championship
ORGANIZED BY

Date: _____ Time: _____ Ground No.: _____ Toss Won By _____ Pool/Match _____

Match Between A _____ Vs B _____

S. No	Player's Name	Classify	Ch.No.
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			

SUBSTITUTE & TIME OUT

TEAM A

S.O	Sub	T.O

TEAM B

S.O	Sub	T.O

S. No	Player's Name	Classify	Ch.No.
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			

Name of the Manager: _____ Signature: _____
Name of Coach _____ Signature: _____

Name of the Manager: _____ Signature: _____
Name of Coach _____ Signature: _____

Name of Referee: _____ Signature: _____
Name of Lines Men (1) _____ Signature: _____

Name of Umpire: _____ Signature: _____
Name of Scorer: _____ Signature: _____

TEAM	Point I Set	TEAM	Point I Set	TEAM	Point I Set
A	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17	A	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17	A	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17
B	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17	B	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17	B	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17

Result: _____

Name of the Captain A Team _____ SIGN _____ Name of the Captain B Team _____ SIGN _____

Signature of Referee _____

With Best Compliments from



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ENTERPRISES

SOLUTION FOR ALL SPORTS NEEDS

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