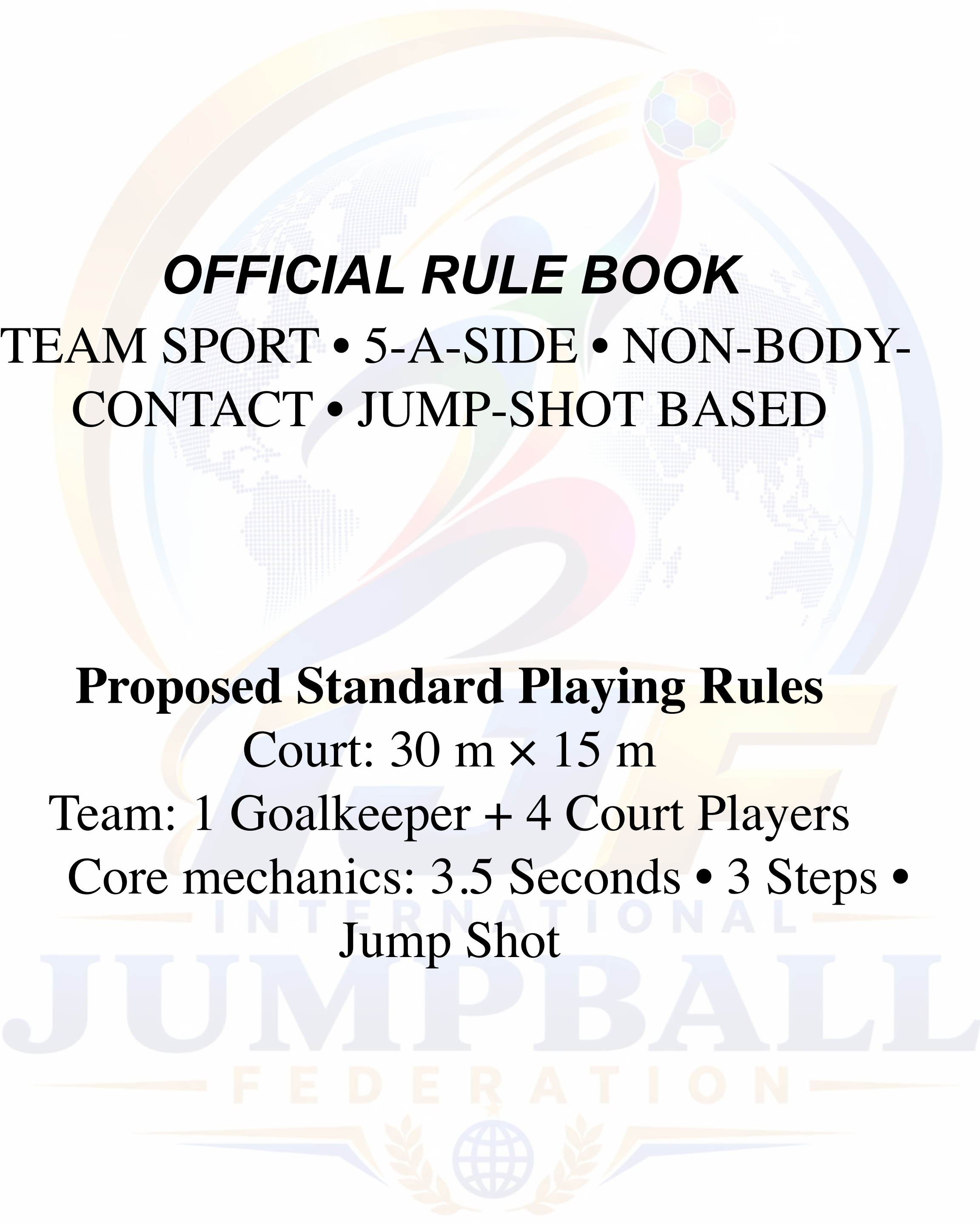






OFFICIAL RULE BOOK

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

Proposed Standard Playing Rules

Court: 30 m × 15 m

Team: 1 Goalkeeper + 4 Court Players

Core mechanics: 3.5 Seconds • 3 Steps •

Jump Shot



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

JUMPBALL
Founder &
Technical
Development
Team
Founder &
Concept
Developer





Physical Education Teacher | Founder & Concept Developer of Jumpball

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

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





The most distinctive and compulsory feature of Jumpball is the “Jump to Score” rule. A goal is valid only when a player jumps and strikes the ball into the goalpost while in the air. If a player throws the ball into the goalpost while standing or walking, or strikes the ball toward the goalpost before jumping, the goal will not be considered valid.

Thus, passing is the fundamental element of Jumpball, while jumping is compulsory for scoring. The sport emphasizes passing accuracy, teamwork, timing, movement, jumping ability, balance, coordination, ball control, and speed, giving Jumpball its distinctive identity as a modern passing sport.

Mr. Ram Pravesh Kumar’s contribution to the conception, structure, fundamental rules, technical framework, and development of Jumpball forms an important foundation in the establishment and growth of the sport.



• Early Development & History of Jumpball

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

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

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

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

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

Collective Technical Contribution

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

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

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



CONTENTS

- 1. Purpose, Identity and Scope**
- 2. Playing Philosophy and Core Principles**
- 3. Court Dimensions and Markings**
- 4. Court Zones**
- 5. Goals and Goalkeeper Area**
- 6. Ball Specification and Equipment**
- 7. Team Composition and Player Roles**
- 8. Substitutions and Team Bench**
- 9. Match Duration and Timing**
- 10. Start, Restart and Possession**
- 11. 3.5 Seconds Rule**
- 12. Three-Step Rule**
- 13. Low contact foul**
- 14. Passing, Receiving and Movement**
- 15. Attacking Principles**
- 16. Jump-Shot Technique and Landing**
- 17. Attack Zone**
- 18. Soft Zone**
- 19. Defensive Blocking**
- 20. Goalkeeper Rules**
- 21. Goalkeeper Saves and Deflections**
- 22. Goal Scoring**
- 23. Goal Disallowed / Landing Violations**
- 24. Free Shoot**
- 25. Fouls and Violations**
- 26. Contact Restrictions**
- 27. Screening Rules**
- 28. Warnings and Free shoot**
- 29. Officials and Match Control**
- 30. Scoring, Result and Tie Procedures**
- 31. Player Safety and Fair Play**
- 32. Match Administration**
- 33. Competition Regulations**
- 34. Protests and Disciplinary Procedure**
- 35. Coaching and Technical Area**
- 36. Quick Reference Tables**
- 37. Appendix: Official Definitions and Rule Index**
- 38. Uniform Regulations**
- 39. Standard Signals and Hand Signals**



1. PURPOSE, IDENTITY AND SCOPE

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

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

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

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





2. PLAYING PHILOSOPHY AND CORE PRINCIPLES

2.1.Jumpball shot rule— In Jumpball, only a Jump Shot is permitted for scoring. Running Shots and Standing Shots are not allowed. A player must leave the ground and execute the shot while airborne. Any goal scored from a Running Shot or Standing Shot shall be declared invalid and shall not be counted.

2.2.Core identity — The defining action of Jumpball is the controlled attack followed by a standing or running approach into a legal jump shot toward the goal.

2.3.Four principles — 1) Controlled possession; 2) 3.5 seconds in hand; 3) three steps while holding the ball; 4) non-body-contact defense.

2.4.Fair competition — Defenders may contest space within the permitted zones, but may not push, hold, lock, strike, trip, charge into or otherwise create prohibited body contact.

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



3. COURT DIMENSIONS AND MARKINGS

3.1.Overall court — The standard court is 30 meters long and 15 meters wide.

3.2.Goal-line area — The principal goal-area line is marked at 5.75 meters from the goal line.

3.3.Second line — A dotted line is marked at 9 metres from the goal line.

3.4.Centre line — The centre line divides the 30-metre court into two equal halves of 15 metres each.

3.5.Symmetry — Both ends of the court must use identical measurements and markings.

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

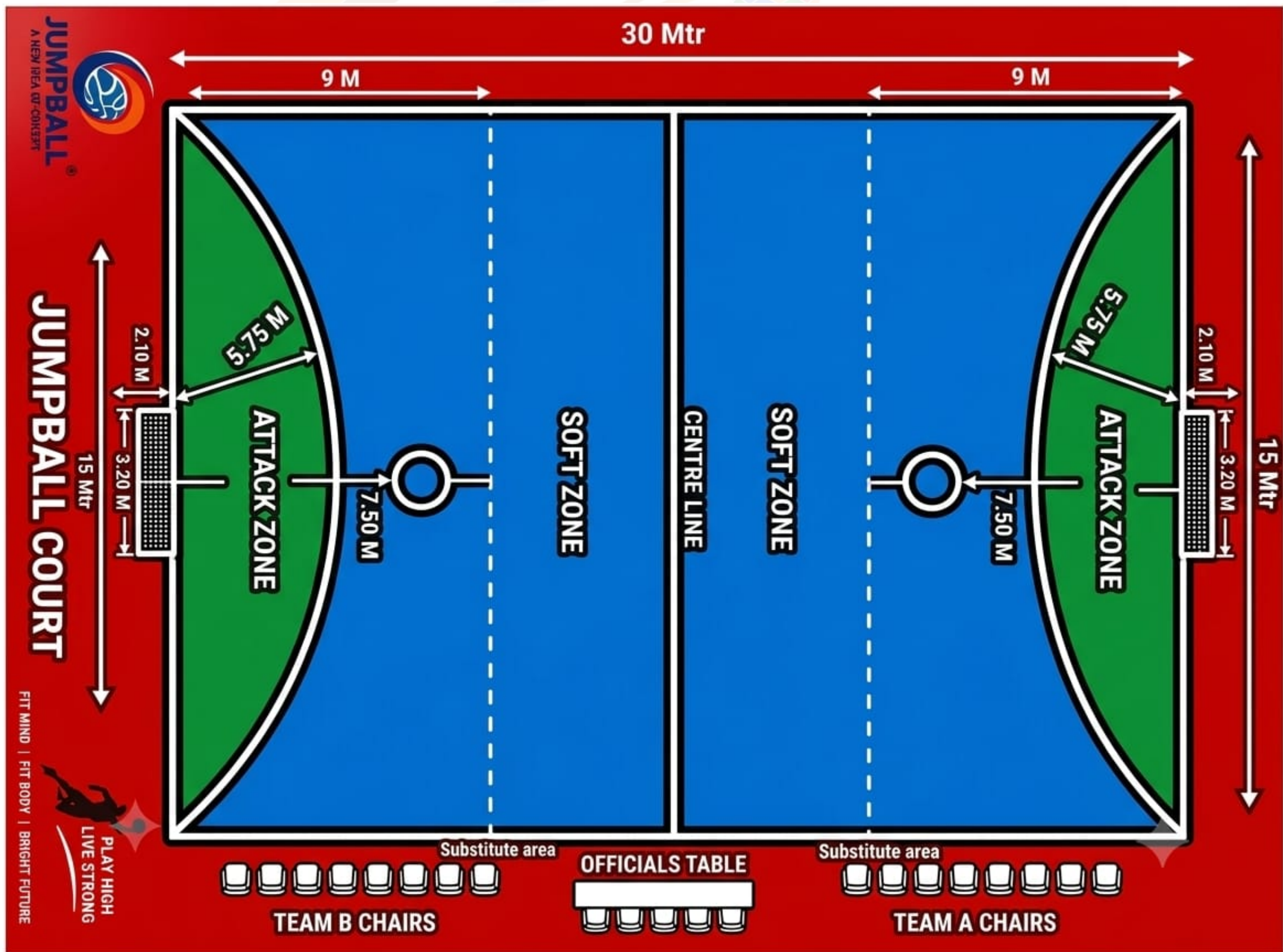
3.7.Court Markings

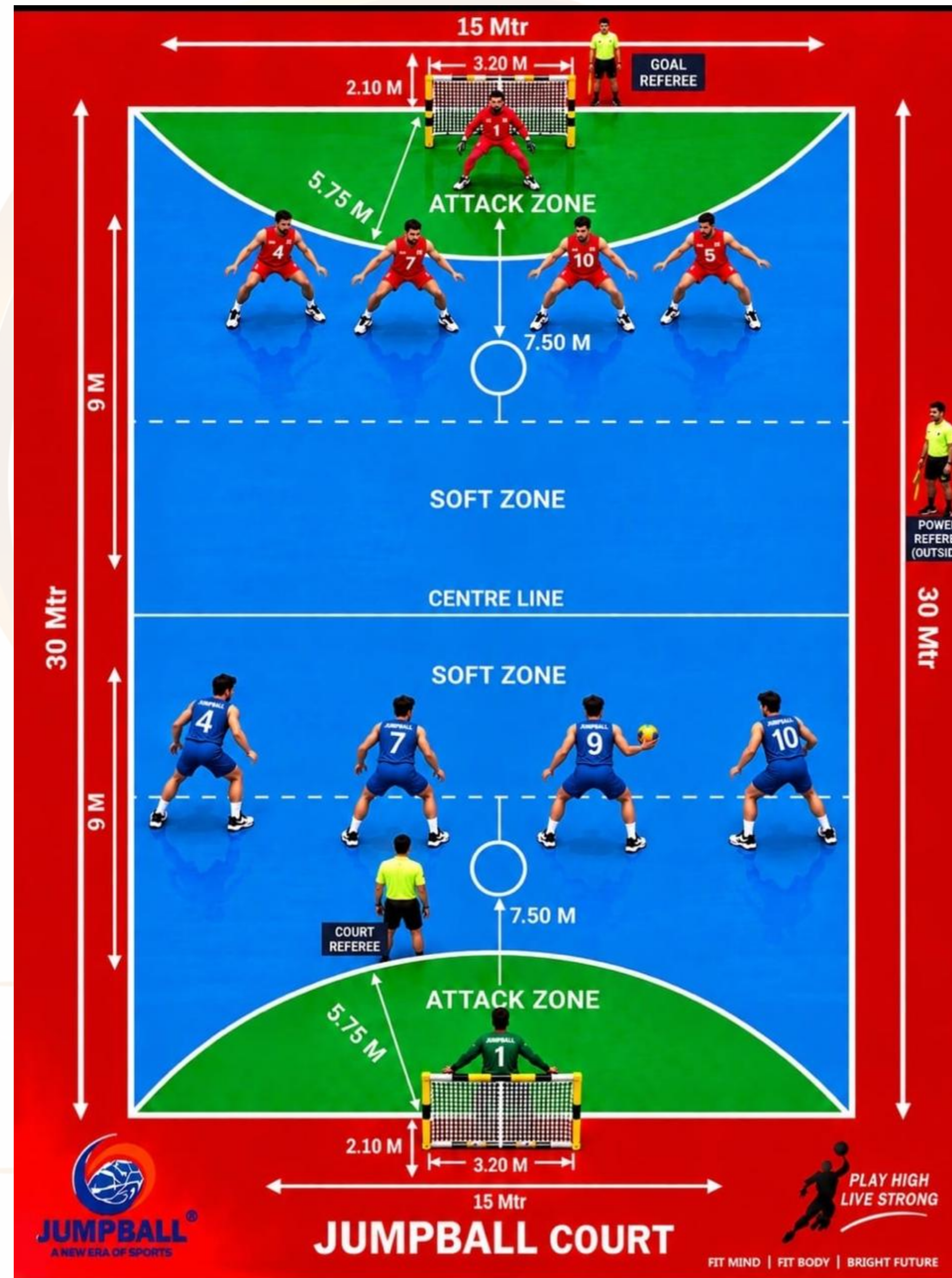
A. Line Width: All court markings shall have a uniform width of 5 cm.

B. 9-Metre Straight Dotted Line: The 9-metre straight dotted line shall consist of individual markings, each measuring 10 cm in length and 5 cm in width, with uniform gaps between successive markings.

C. Goalkeeper start: After a goal is scored, a 50 cm radius circle (○) shall be marked at the 7.50 m line. The goalkeeper shall restart the game from within this circle.

- Radius = 50 cm
- Diameter = 1 meter

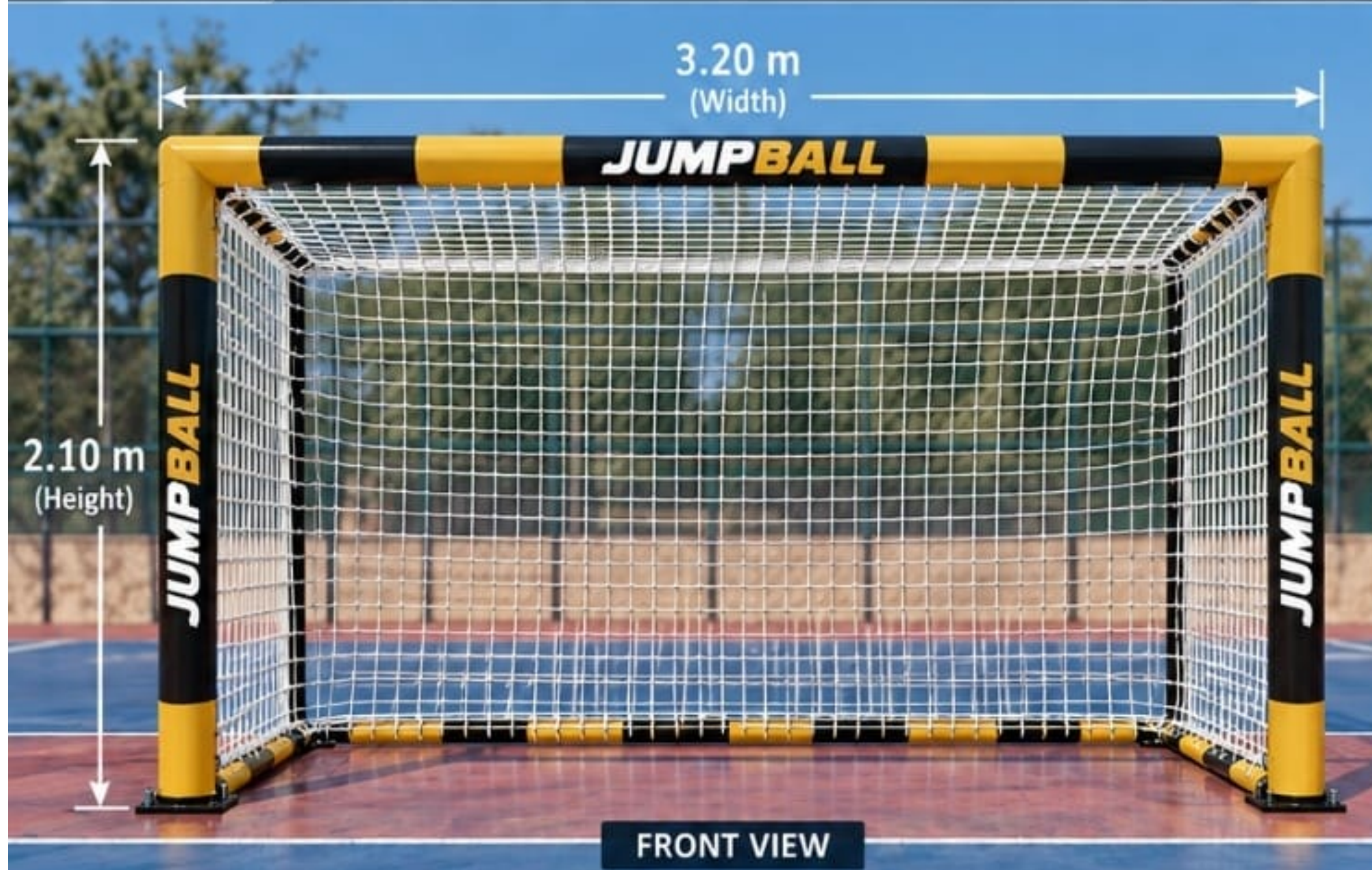




JUMPBALL GOAL POST

FULL BOX NET DESIGN

JUMP HIGH
SCORE HIGHER



FEDERATION



4. COURT ZONES

4.1.Soft Zone — The area from the centre line to the 9-metre line is designated the Soft Zone. It is the principal open defensive interaction area.

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

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

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

5. GOALS AND GOALKEEPER AREA

5.1.Goal — Each end has one goal. The goal must be securely anchored and suitable for safe ball impact.

5.2.Goalkeeper area — The area bounded by the goal line and the 5.75-metre line is the Goalkeeper Area. The goalkeeper has exclusive defensive rights to receive and play the ball within this area, subject to the goalkeeper rules.

5.3.Player entry — An attacking player must not land in the Goalkeeper Area after a jump shot. If the attacker lands inside the Goalkeeper Area after attempting a goal, the goal is disallowed.

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

5.5.Goal colour pattern — The goal frame uses only two colours: blue and white. From the top, the upper 2.00 metres are blue, followed by the prescribed alternating blue/white corner-side pattern so that the two corner sections are white and the remaining frame sections alternate blue and white. No additional frame colours are permitted.

Goal width — The official goal width is 3.20 metres.

Goal height — The official goal height is 2.10 metres.



5.6. JUMPBALL GOALPOST

Colour & Space Measurement Specification

Overall Goalpost Dimensions: 3.20 m Width × 2.10 m Height

A. Top Horizontal Bar — Total Width: 3.20 m

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



B. Side Vertical Posts — Total Height: 2.10 m

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

Total = 2.10 m

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

C. Top JUMPBALL Black Panel

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

D. Side JUMPBALL Lettering Space

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

E. Final Construction Specification

Overall: 3.20 m × 2.10 m

Colours: Black and Yellow only

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

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

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



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

6. BALL SPECIFICATION AND EQUIPMENT

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

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



JUMPBALL™

OFFICIAL GAME BALL

SAME GAME | DIFFERENT COLOURS
ONE WORLD | ONE JUMPBALL

*Play High
Stay Together*

IJF SIZE 2.40
CIRCUMFERENCE
54 – 56 cm

IJF SIZE 2
CIRCUMFERENCE
52 – 54 cm

IJF SIZE 1
CIRCUMFERENCE
50 – 52 cm

3.20 m (Width)
2.10 m (Height)
FRONT VIEW

6. BALL SPECIFICATION AND EQUIPMENT

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

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

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





7. TEAM COMPOSITION AND PLAYER ROLES

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

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

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

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

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





8. SUBSTITUTIONS AND TEAM BENCH

8.1.Substitution — Substitutions may be permitted through a designated substitution area under competition regulations.

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

8.3.Illegal substitution — Entering before the outgoing player has left, or otherwise gaining an unfair numerical advantage, may result in a team Free shoot.

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

8.5.Rolling substitutions — Substitutions may be made during the match according to competition procedure, without requiring a special stoppage unless the referee or competition regulations require one.

8.6.Coach notification — The coach or authorized team official must inform the timekeeper/scorer that a substitution is being made. The substitution becomes effective through the prescribed entry/exit procedure and must not create an illegal extra-player advantage.

8.7.Full-court substitution area — Substitution is permitted from any point along the designated substitution/table line on the team's own full court area. The substitute may enter from the authorized table-line area rather than being restricted to a single small substitution box.





9. MATCH DURATION AND TIMING

9.1.Standard — A competition organizer should publish the official match duration before the event. Unless a competition-specific regulation states otherwise, a recommended standard is two equal halves with a halftime interval.

9.2.Clock — The official timekeeper controls match time. The referee may stop time for injuries, disciplinary matters, equipment issues or other authorized interruptions.

9.3.End of period — A goal attempt occurring before the signal may be completed according to competition rules, provided the ball was legally released before the period ended.

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





10. START, RESTART AND POSSESSION

10.1.Opening — The match begins from the centre line using a controlled start procedure announced by the referee.

10.2.Restart after goal — After a goal, the conceding team restarts play from the prescribed central restart position.

10.3.Out of bounds — A ball completely crossing the boundary is restarted by the team entitled to possession at the designated point.

10.4.Referee restart — When possession cannot fairly be determined, the referee may use a neutral restart procedure established by the competition.

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

10.6. Start of the Match: The match shall begin from the Centre Line. The team winning the toss shall be awarded the first possession and shall start the match from the Centre Line.

10.7. Restart After a Goal: After a goal is scored, play shall not restart from the Centre Line. The team that conceded the goal shall restart play from the designated Goalkeeper Restart Area.

10.8. Goalkeeper Restart Area: The Goalkeeper Restart Area shall be a circle of 1 meter diameter, located outside the Goalkeeper Area. The ball shall be put into play from within this designated circle.

10.9. Continuous Restart System: This procedure shall continue throughout the half: after every goal, the team that conceded the goal shall restart play from the 1-metre-diameter Goalkeeper Restart Area.

10.10. Half-Time Restart: At the beginning of the second half, the team that did not have the first possession at the start of the match shall be awarded possession and shall restart play from the Centre Line.

10.11. After a Goal in the Second Half: Following each subsequent goal, the team that conceded the goal shall restart play from the 1-metre-diameter Goalkeeper Restart Area, and this sequence shall continue until the end of the match.



11. 3.5 SECONDS RULE

11.1.Possession limit — A player holding the ball in the hands may retain possession for a maximum of three seconds.

11.2.Release — Within three seconds the player must pass, shoot, bounce once where legally permitted, or otherwise release the ball.

11.3.Violation — Holding the ball beyond three seconds is a 3.5 Second Violation and results in possession for the opponents or another prescribed restart.

11.4.Timing — The count begins when the player has clear control of the ball.

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





12. THREE-STEP RULE

12.1. Maximum steps — A player who is holding the ball may take a maximum of three steps.

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

12.3. Fourth step — A fourth step while retaining the ball is a Three-Step Violation.

12.4. Jump — A player may jump after legal steps to execute a shot, but the landing must comply with the Goalkeeper Area rule.

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





13. LOW CONTACT FOUL

13.1.Intentional foot play — Players may not deliberately control, advance or receive the ball with the foot or leg as a substitute for legal hand play.

13.2.Accidental contact — An accidental touch by the foot or leg may be ignored when it does not create an unfair advantage; the referee has final judgment.

13.3.No kick — Kicking or deliberately striking the ball with the foot is a violation unless a competition-specific rule expressly permits it.

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





14. PASSING, RECEIVING AND MOVEMENT

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

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

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

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

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



15. ATTACKING PRINCIPLES

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

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

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

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

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



16. JUMP-SHOT TECHNIQUE AND LANDING

16.1.Jump shot — The characteristic scoring action is a jump shot in which the attacker leaves the floor and releases the ball toward the goal.

16.2.Power and control — The attacker may generate substantial power, but must maintain control of the body and avoid deliberate contact with defenders.

16.3.Landing — After releasing the ball, the attacker must land outside the Goalkeeper Area.

16.4.Disallowed landing — If the attacker lands inside the 5.90-metre Goalkeeper Area after the goal attempt, the goal is disallowed.

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



17. ATTACK ZONE

ï The Attack Zone is marked by a line located 5.75 meters from the goal line.

A. Neither the attacker nor the defender is allowed to enter the Attack Zone.

B. The attacking player must take the shot from outside the Attack Zone.

C. Even after taking the shot, the attacking player must not step into or enter the Attack Zone.

D. The player may move backward and exit the area from behind without crossing or cutting the Attack Zone line.

E. Crossing or stepping on the Attack Zone line is considered a violation.

17.2.Attackers — Attackers may use this area to prepare and execute a legal jump shot.

17.2.Defenders — Blockers may contest shots in the Attack Zone by jumping and attempting to block the ball, subject to the no-contact rules.

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

18. SOFT ZONE

18.1.Location — The Soft Zone extends from the centre line to the 9-metre line.

18.2.Permitted touch — Light, incidental or controlled touch may be permitted for lawful defensive positioning, provided it is not used to impede, push or control the opponent.

18.3.Screening — Legal screening is permitted when the screener is stationary or moves within the rules and does not use force.

18.4.Prohibited actions — Pushing, grabbing, holding, locking, striking, tripping and forceful body checks are prohibited.

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



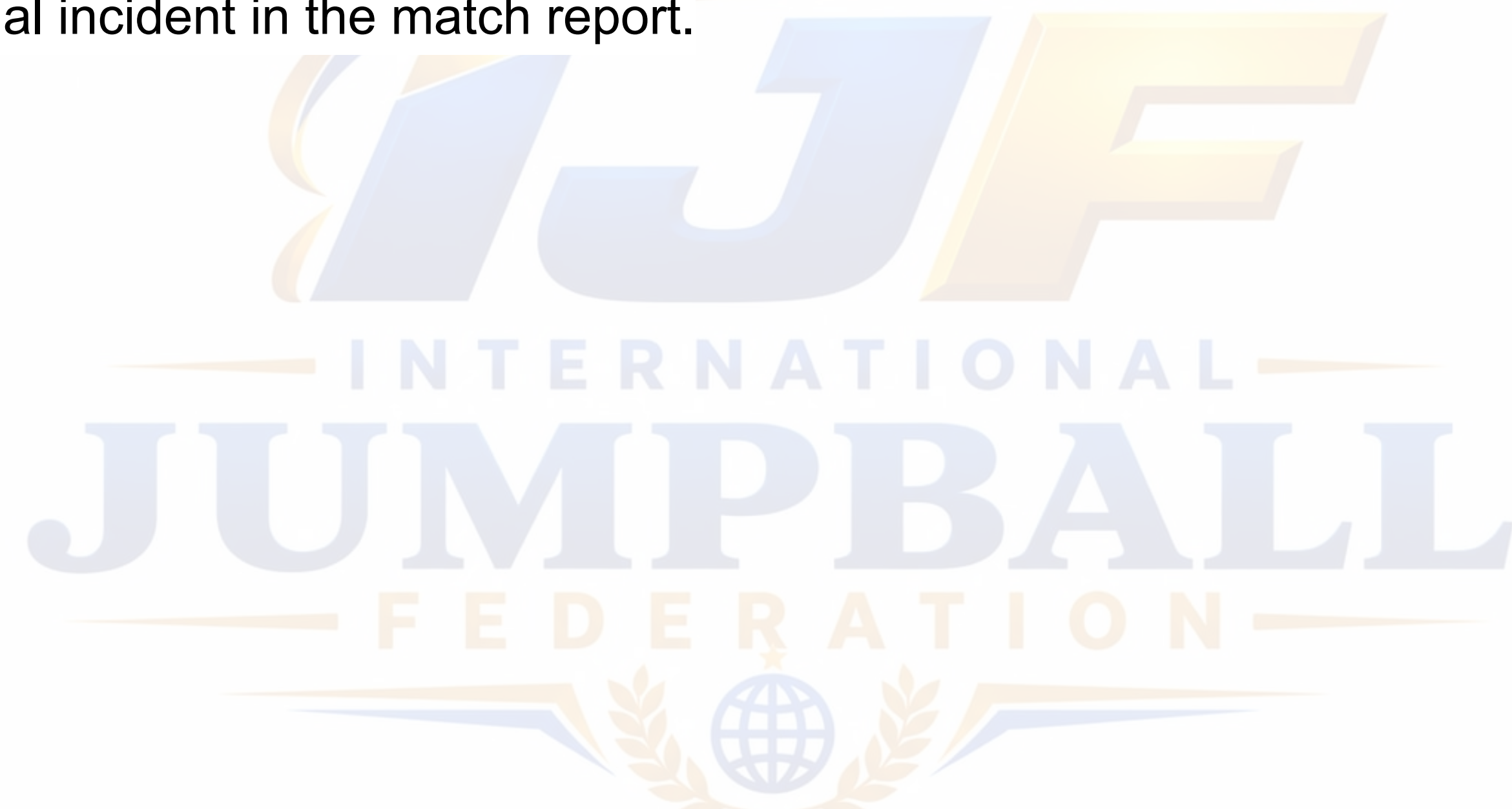
19. DEFENSIVE BLOCKING

19.1.Blockers — Court defenders may jump to block or intercept a shot in the Attack Zone.

19.2.Safe contest — The defender must attempt to block the ball, not the shooter's body.

19.3.Illegal block — A block that includes striking the attacker's arm/hand or making prohibited contact is a foul.

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





20. GOALKEEPER RULES

20.1.Area restriction — The goalkeeper must receive the ball while remaining within the Goalkeeper Area.

20.2.No outside receiving — A goalkeeper may not come outside the Goalkeeper Area to receive a pass.

20.3.Distribution — The goalkeeper may pass the ball from inside the Goalkeeper Area to a teammate outside it.

20.3.Defensive saves — The goalkeeper may use permitted body surfaces to save a shot while inside the Goalkeeper Area, subject to safety and fair-play rules.

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

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21. GOALKEEPER SAVES AND DEFLECTIONS

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

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

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

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

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

INTERNATIONAL
JUMPBALL
FEDERATION



22. GOAL SCORING

22.1.Valid goal — A goal is scored when a player take jump both feet completely off the court/ground and legally released ball completely crosses the goal line within the goal frame without a prior violation.

22.2.Attacking legality — The shot must comply with the possession, movement, contact and zone rules.

22.3.Goalkeeper legality — The goalkeeper's defensive action must comply with the goalkeeper area restriction.

22.4.Confirmation — The referee confirms the goal and the scorer records it on the official scoresheet.

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

INTERNATIONAL
JUMPBALL
FEDERATION



23. GOAL DISALLOWED / LANDING VIOLATIONS

23.1.Landing rule — A goal may be disallowed if the shooter lands inside the Goalkeeper Area after the attempt.

23.2.Other reasons — A goal may also be disallowed for a three-second violation, three-step violation, double bounce, illegal contact, illegal screening or other prior violation.

23.3.Timing — If a violation occurs before the ball legally enters the goal, the violation takes precedence.

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



24. FREE SHOOT

24.1.Trigger — If an attacker in near the attacking Zone is touched, struck on the hand/arm, or otherwise illegally interfered with during a legitimate goal attempt, a Free Shoot may be awarded.

24.2.Location — The Free Shoot is taken from the 5.75-metre line in the relevant attacking direction, aligned as closely as practical with the location from which the attempt originated.

24.3.Preparation — The referee clears prohibited defenders and authorizes the shoot.

24.4.Execution — The shooter must comply with the 3.5 second/three-step rules as applicable to the restart and must not land inside the Goalkeeper Area after the jump shot.

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



25. FOULS AND VIOLATIONS

25.1. Technical violations — 3.5 seconds, fourth step, bounce, deliberate foot control and illegal restart are violations.

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

25.3. Blocking fouls — A defender who contacts the shooter instead of legally challenging the ball may be penalized.

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

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





26. CONTACT RESTRICTIONS

26.1.Non-body-contact principle — Jumpball is fundamentally a non-body-contact sport.

26.2.Soft Zone — Only permitted light defensive touch or lawful screening is allowed; forceful contact is forbidden.

26.3.Attack Zone — Defenders may contest the ball by legal jumping/blocking but must avoid contact with the shooter.

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

— INTERNATIONAL —
JUMPBALL
— FEDERATION —



27. SCREENING RULES

27.1. Legal screen — A legal screen occupies space without pushing, grabbing, moving into the opponent dangerously or using arms/elbows to create separation.

27.2. Soft Zone — Screening with controlled positioning is permitted.

27.3. Illegal screen — A moving screen that causes contact, a hold, lock, push or body check is illegal.

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





28. WARNINGS AND FREE SHOOT Foul & Disciplinary Card Rules

28.1. Green Card – Warning: If a player commits a foul, the court referee will show a Green Card as a warning.

28.2. Yellow Card – First Penalty: If the same player commits another foul, the player will receive a Yellow Card. Immediately after receiving the Yellow Card, the player will leave the court and sit beside the Table Referee for 1 minute and 30 seconds (1:30).

28.3. Repeated Fouls: If the same player commits another foul after returning to the court, the player will again be sent out for 1 minute and 30 seconds. The same 1:30-minute suspension will be given for every subsequent foul.

28.4. Red Card – Disqualification: If the same player commits another foul after repeated 1:30-minute suspensions, the player will receive a Red Card and will not be allowed to play for the remainder of that match. The player may remain on the team bench but must wear a red-colored vest/bib so that the Table Referee can clearly identify the disqualified player.

28.5. Serious/Intentional Foul – Direct Red Card: If a player commits a serious or intentional foul, particularly involving the private/intimate areas, unwanted contact, neck, throat, or joints, the Court Referee may issue a direct Red Card without giving a Green or Yellow Card first.

28.6. Misbehavior: In case of serious misbehavior or misconduct, the Court Referee will discuss the matter with the Power Referee. After consultation, appropriate disciplinary action may be taken against the player.



29. OFFICIALS AND MATCH CONTROL

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

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

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

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

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





30. SCORING, RESULT AND TIE PROCEDURES

30.1.Score — Each valid goal counts as one goal unless a competition regulation creates a special scoring category.

30.2.Winner — The team with more goals at the end of regulation time wins.

30.3.Tie — In a league match, if the match ends in a tie, both teams will be awarded 1 points each. For knockout competitions, the organizer may prescribe overtime, extra periods or a structured free-shot/tie-break procedure.

30.4.Abandoned match — A competition authority determines whether an abandoned match is replayed, resumed or recorded according to its regulations.

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





INTERNATIONAL JUMPBALL FEDERATION

OFFICIAL MATCH SCORE SHEET

PLAY FAIR • PLAY JUMPBALL • PLAY FOR A BETTER WORLD

ONE GAME
ONE WORLD
JUMPBALL

SPORTS
FOR A HEALTHY
AND UNITED WORLD

COMPETITION : _____ MATCH NO. : _____ TIME : _____
DATE : ____ / ____ / ____ VENUE : _____ CATEGORY : _____ 1st Half & 2nd Half : _____
WON THE TOSS BY : _____ ☐ CHOOSE COURT ☐ ATTACK

TEAM A Team Name : _____ Jersey Colour : _____

S. No.	Chest No.	Player Name	SCORE								Green Card	Yellow Card	Red Card	1:30 Suspension						Total Score						
			1	2	3	4	5	6	7	8 to Above				1st Round OUT	1st Round IN	2nd Round OUT	2nd Round IN	3rd Round OUT	3rd Round IN							
1																										
2																										
3																										
4																										
5																										
6																										
7																										
8																										
9																										
10																										

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

TEAM B Team Name : _____ Jersey Colour : _____

S. No.	Chest No.	Player Name	SCORE								Green Card	Yellow Card	Red Card	1:30 Suspension						Total Score						
			1	2	3	4	5	6	7	8 to Above				1st Round OUT	1st Round IN	2nd Round OUT	2nd Round IN	3rd Round OUT	3rd Round IN							
1																										
2																										
3																										
4																										
5																										
6																										
7																										
8																										
9																										
10																										

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

SCORE SUMMARY			FOUL & CARD LOG						SUBSTITUTION LOG			
	Team A	Team B	Time	Team (A/B)	Player No.	Type (G / Y / R)	1:30 Susp.	Remarks	Time	Team (A/B)	Out No.	In No.
Half Time Score	_____	_____										
Full Time Score	_____	_____										
Final Result	_____	_____										
Winner	_____	_____										

OFFICIALS		TEAM CAPTAIN SIGNATURE		MATCH NOTES
Power Referee	: _____ Signature : _____	Team A Captain (Signature)	Team B Captain (Signature)	
Goal Referee	: _____ Signature : _____			
Scorekeeper	: _____ Signature : _____			
Timekeeper	: _____ Signature : _____			
Match Commissioner	: _____ Signature : _____			



31. PLAYER SAFETY AND FAIR PLAY

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

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

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

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

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

INTERNATIONAL
JUMPBALL
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32. MATCH ADMINISTRATION

32.1.Pre-match — Teams report to the officials, submit eligible player lists, confirm goalkeeper identity and complete equipment inspection.

32.2.Court inspection — Officials verify court dimensions, goal security, markings and playing surface before play.

32.3.Post-match — The final score, penalties and other required match data are confirmed by the officials.

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

32.5.Sub-Junior Boys and Girls — Standard playing time is 20 minutes + 10-minute halftime interval + 20 minutes.

32.6.Junior Boys and Girls — Standard playing time is 25 minutes + 10-minute halftime interval + 25 minutes.

32.7.Senior Men and Women — Standard playing time is 25 minutes + 10-minute halftime interval + 25 minutes.

32.8.Mixed-format exception — When a match is officially designated Mixed Jumpball (boys and girls together), the contact allowance is removed: no body touch is permitted in the Soft Zone and Attack Zone. Legal non-contact screening remains permitted.



32.9.MIXED (MENS & WOMENS) PLAY

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

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

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

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

INTERNATIONAL
JUMPBALL
FEDERATION



32.10. JUMBALL – Team Composition & Playing Strength

A. National Team – Men/Women

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

B. International Team – Men/Women

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

C. National Mixed Team

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

D. International Mixed Team

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



33. COMPETITION REGULATIONS

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

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

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

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

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





34. PROTESTS AND DISCIPLINARY PROCEDURE

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

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

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

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

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





35. COACHING AND TECHNICAL AREA

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

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

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

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

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



36. QUICK REFERENCE TABLES

A. Court — 30 meter × 15 meter

B. Goal-area boundary — 5.75 meter

C. Dotted line — 9 meter

D. Team — 5 players: 1 goalkeeper + 4 court players

E. Hand possession — Maximum 3.5 seconds

F. Steps while holding — Maximum 3 steps

G. Core style — Jump-shot team sport; non-body-contact, jump-shot goal counted.

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

I. Keeper throw area – The goalkeeper's throw area is a 1-meter diameter circle located 7.50 meters straight in front of the center of the goalpost.

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37. APPENDIX: OFFICIAL DEFINITIONS AND RULE INDEX

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

B. Blocker — A defending court player attempting to block/ intercept the ball within the permitted blocking area.

C. Goalkeeper — The designated player responsible for defending the goal from the Goalkeeper Area.

D. Soft Zone — Centre line to 9 m.

E. Attack Zone — 5.75 m.

F. Goalkeeper Area — Goal line to 5.75 m.

G. Jump Shot — A shot in which the attacker leaves the playing surface and releases the ball toward goal, with legal landing required.

H. Free Shot — A special direct scoring attempt awarded for qualifying defensive interference, taken from the prescribed 5.75-metre position.

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

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



38. UNIFORM REGULATIONS

1. PLAYERS' KIT

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

2. GOALKEEPER'S KIT

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



3. REFEREE'S UNIFORM

- Referees shall wear an official collared Full T-shirt / Referee Shirt.
- Half Pant (Shorts) shall be worn by referees.
- Official Sports Shoes and Sports Socks shall form part of the referee uniform.
- The official IJF / Federation Logo shall be displayed on the referee shirt.
- A whistle and other approved referee accessories shall be permitted as part of the official referee equipment.
- The referee uniform shall be clearly distinguishable from the uniforms of players and goalkeepers.

4. SUPPORT STAFF / TEAM OFFICIALS

- Coaches, Managers, Physiotherapists and other authorized team officials shall wear an official Polo/ Full T-shirt with Track Pant or approved Sports Lower.
- “JUMPBALL” and the Official Logo may be displayed on the front, with Federation/Organization/Country identification as permitted.
- Designations such as COACH, MANAGER, PHYSIO or OFFICIAL may be displayed for identification.



5. SECURITY / SUPPORT PERSONNEL

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

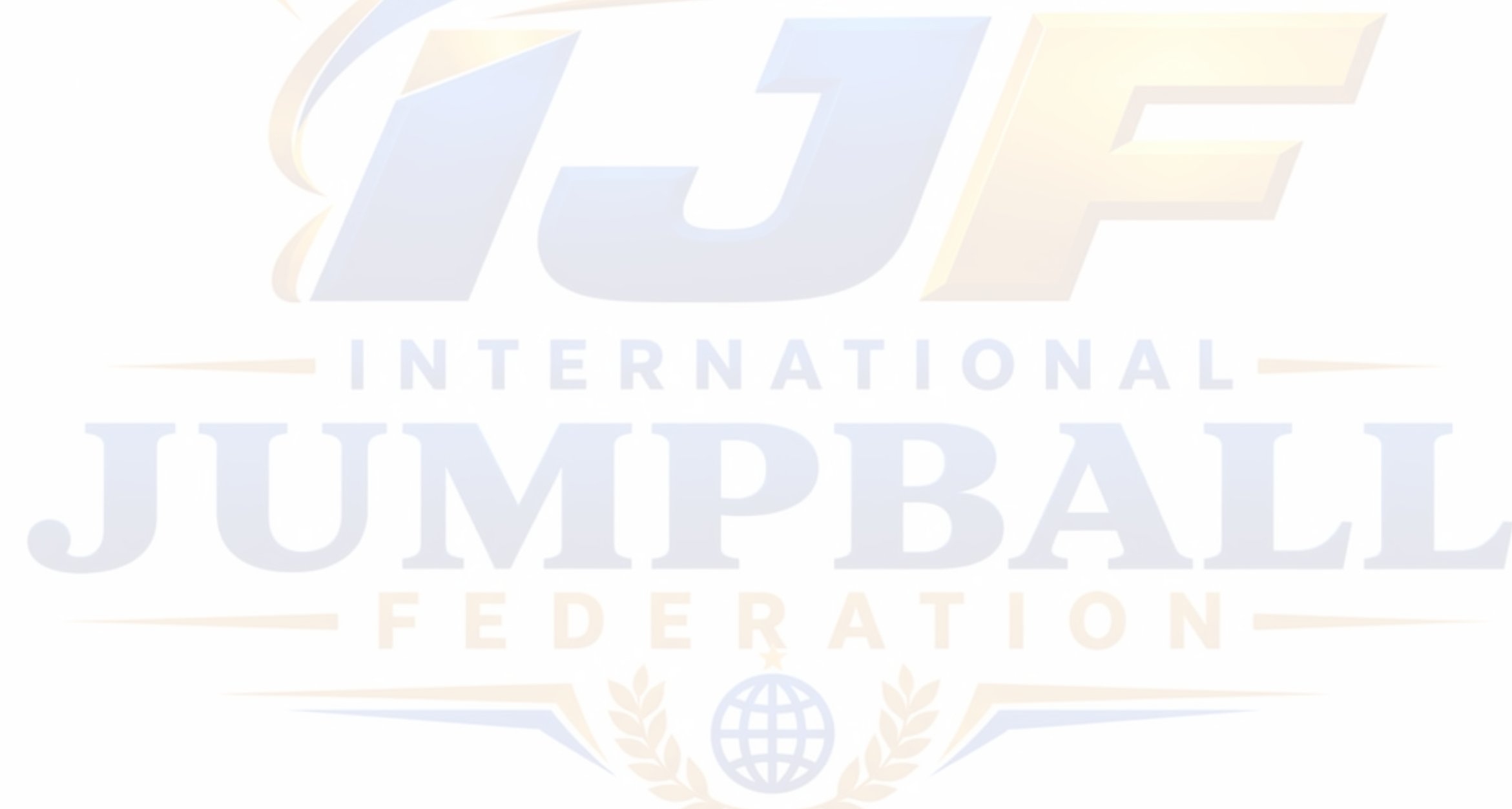
6. MANDATORY FRONT & BACK IDENTIFICATION

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



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

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



39. STANDARD SIGNALS & HAND SIGNALS

39.1. Goal — Referee points clearly toward the centre/restart direction after confirming a valid goal.

39.2. Free Shot — Referee indicates the awarded free-shot location and direction.

39.3. 3.5 seconds — Referee may use a visible three-finger/time signal.

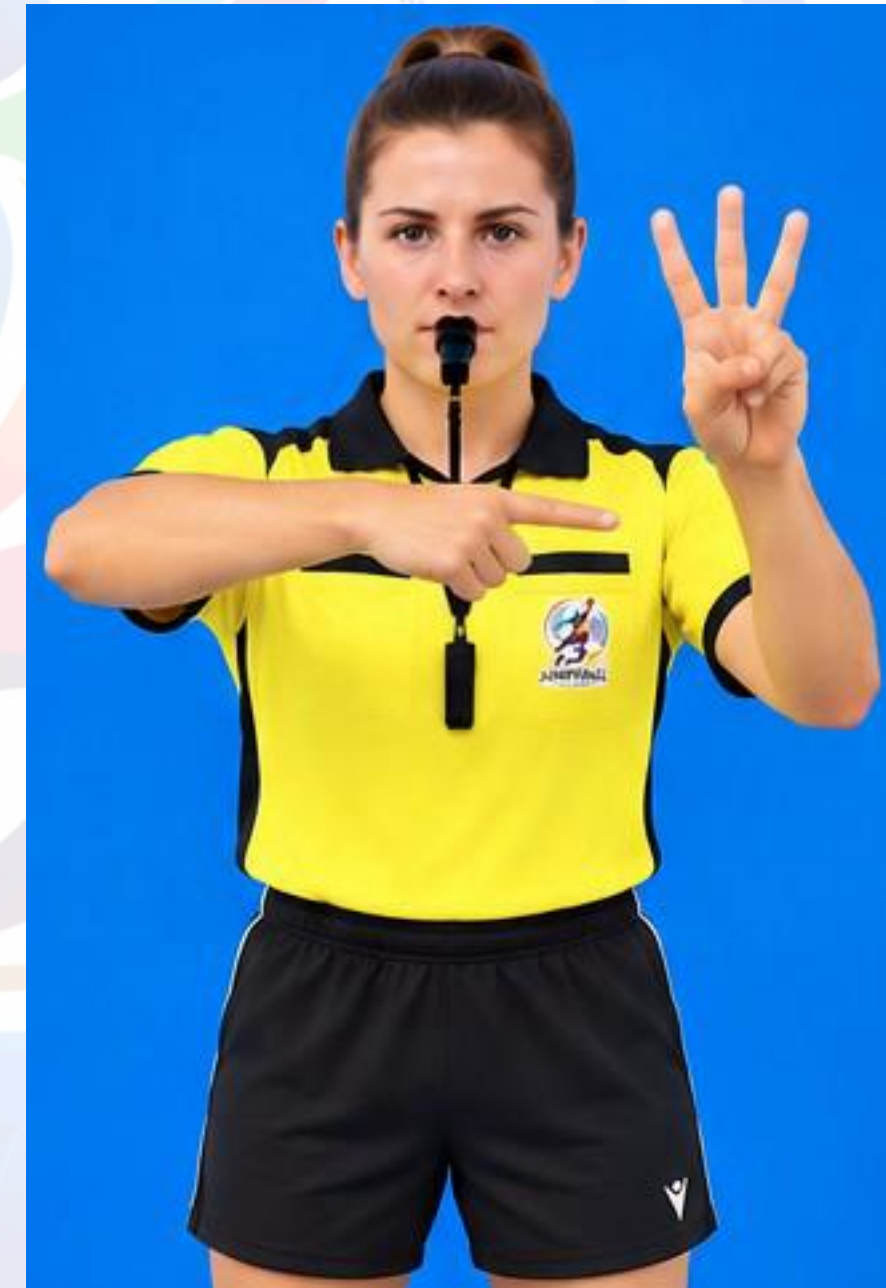
39.4. Three steps — Referee may indicate the step violation with a walking/step gesture.

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

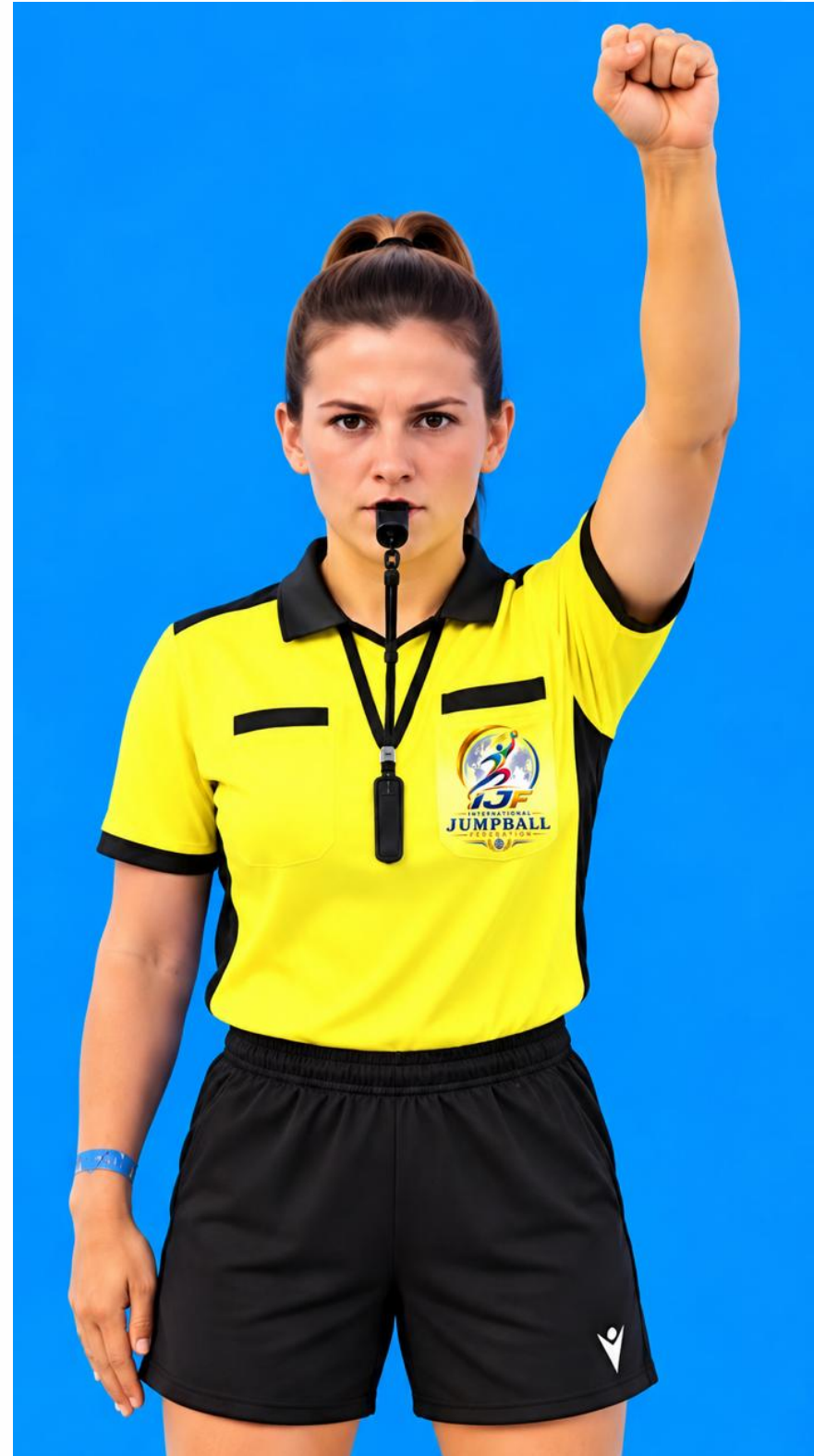
HAND SIGNALS



**1. ENTERING THE
COURT AREA**



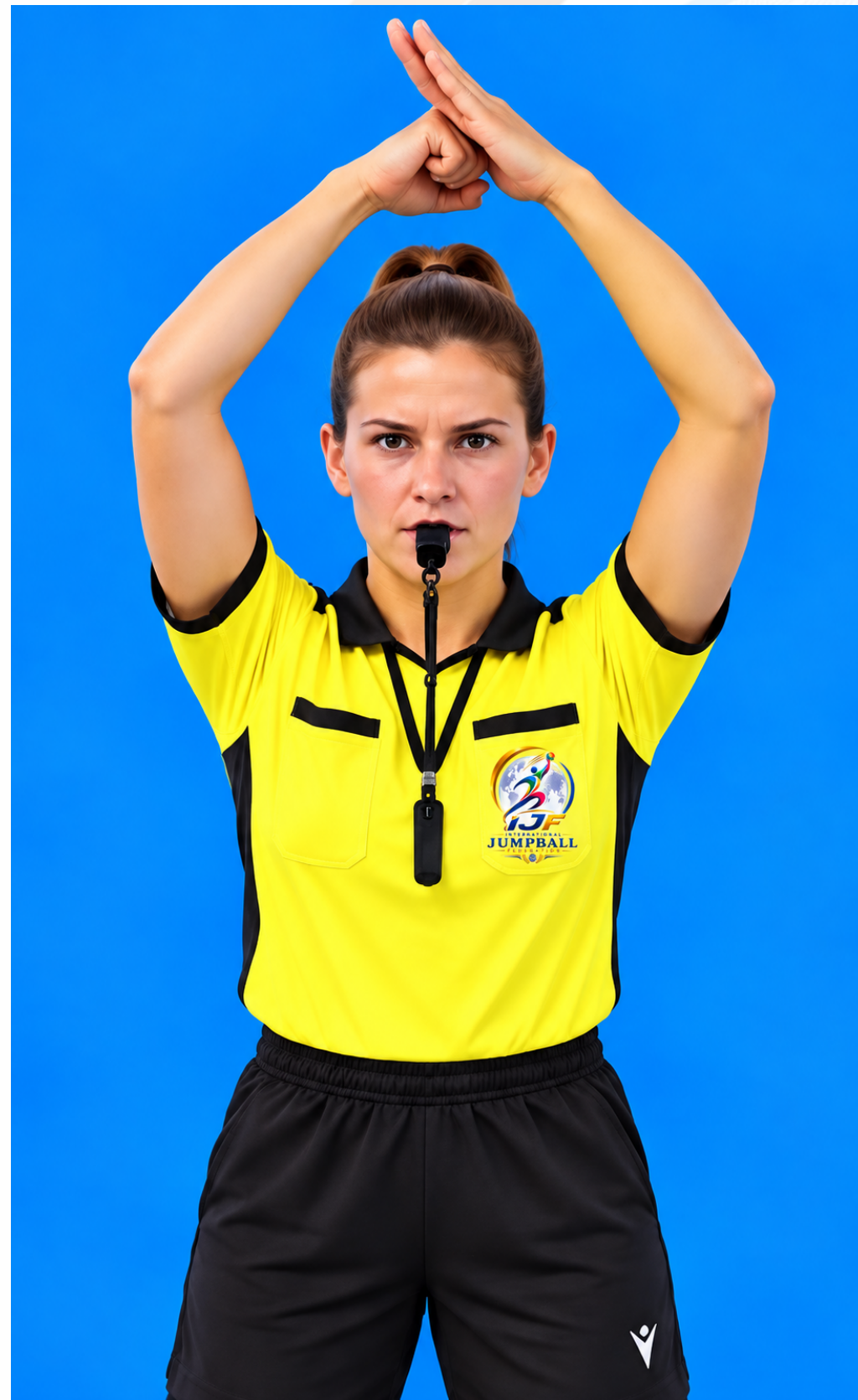
**2. MAXIMUM HOLDING
THE BALL 3.5
SECONDS**



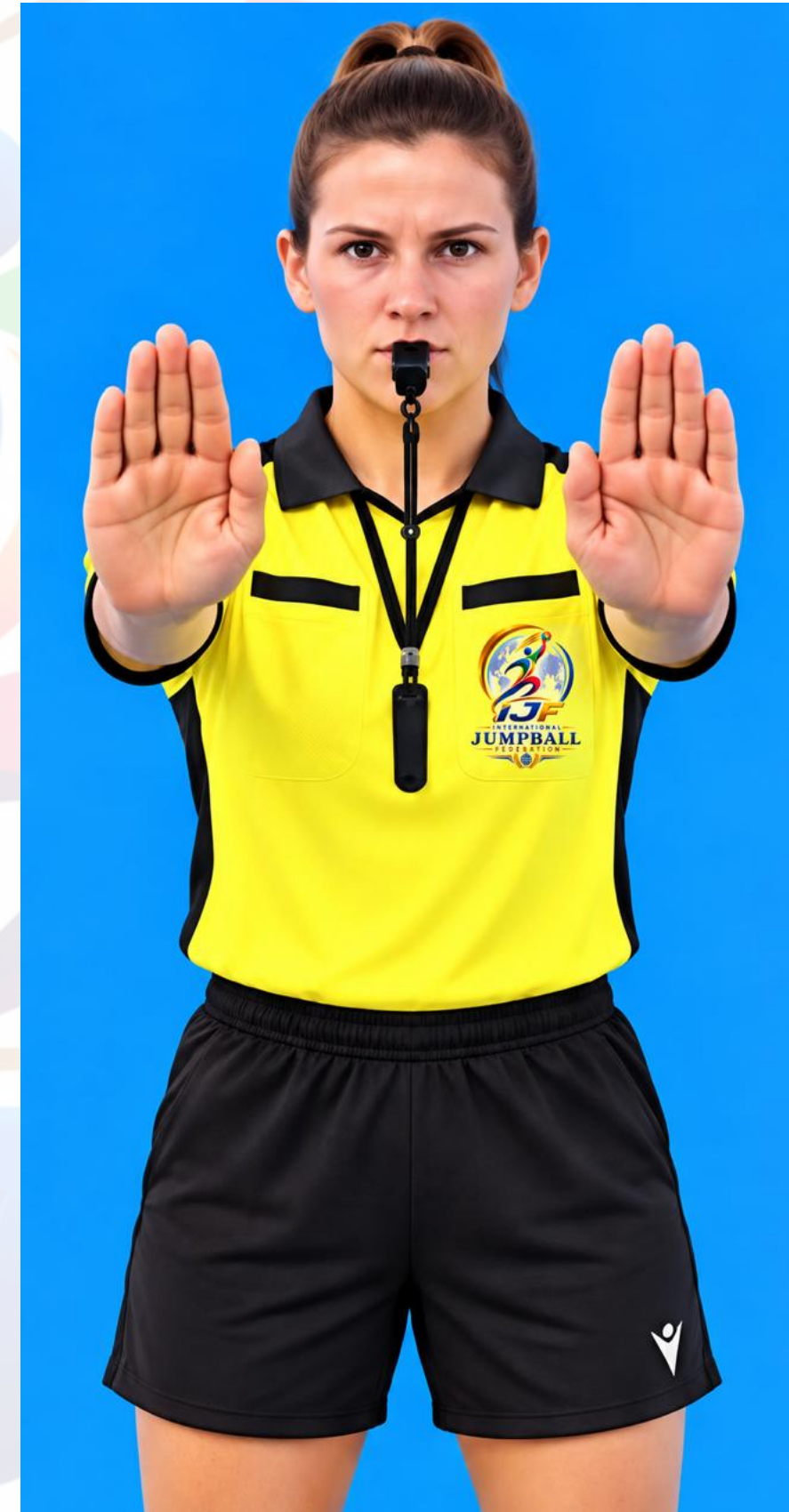
**3. PASSIVE
PLAY**



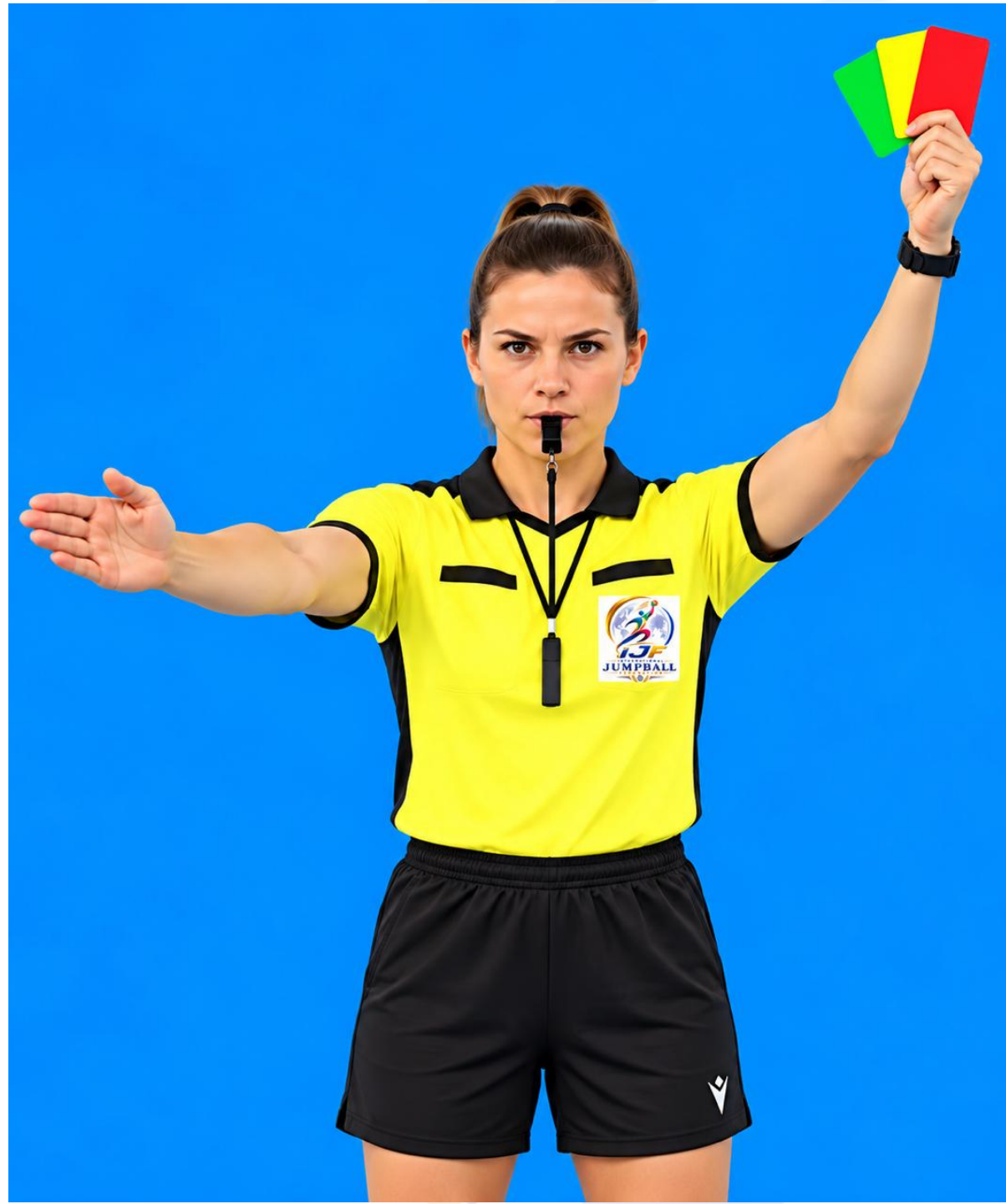
4. GOALKEEPER THROW



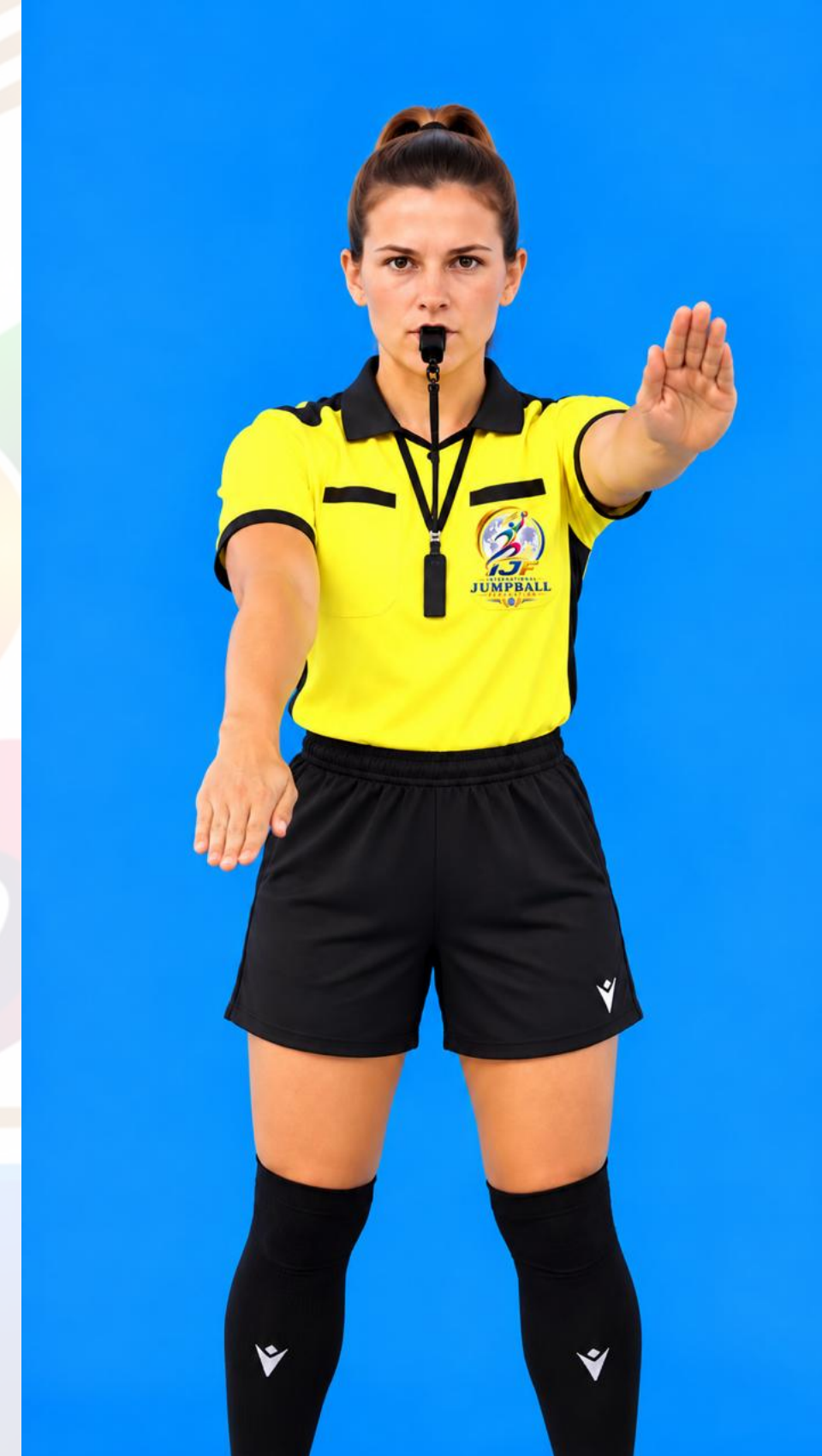
5. FREE SHOOT



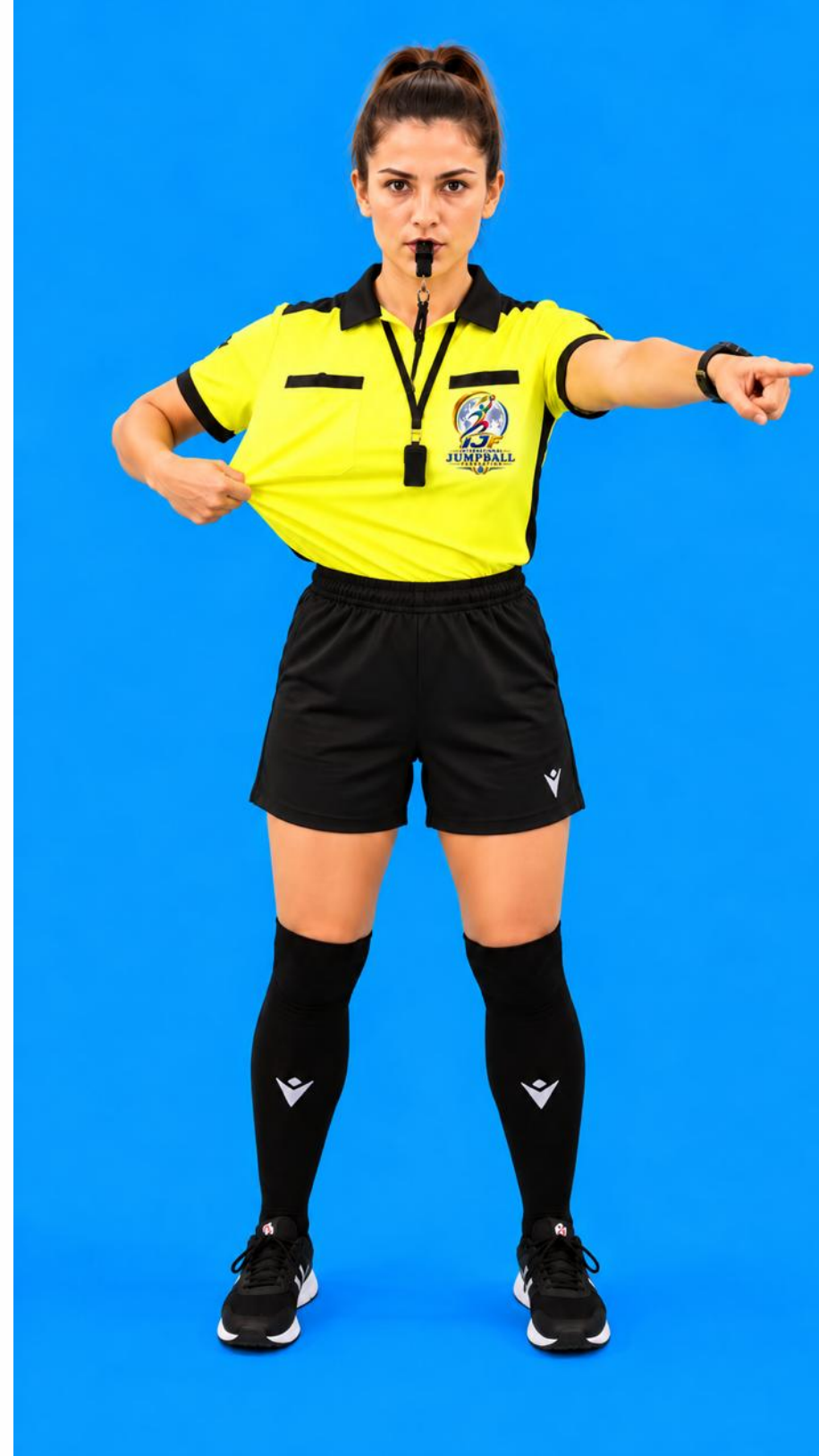
6. PUSHING



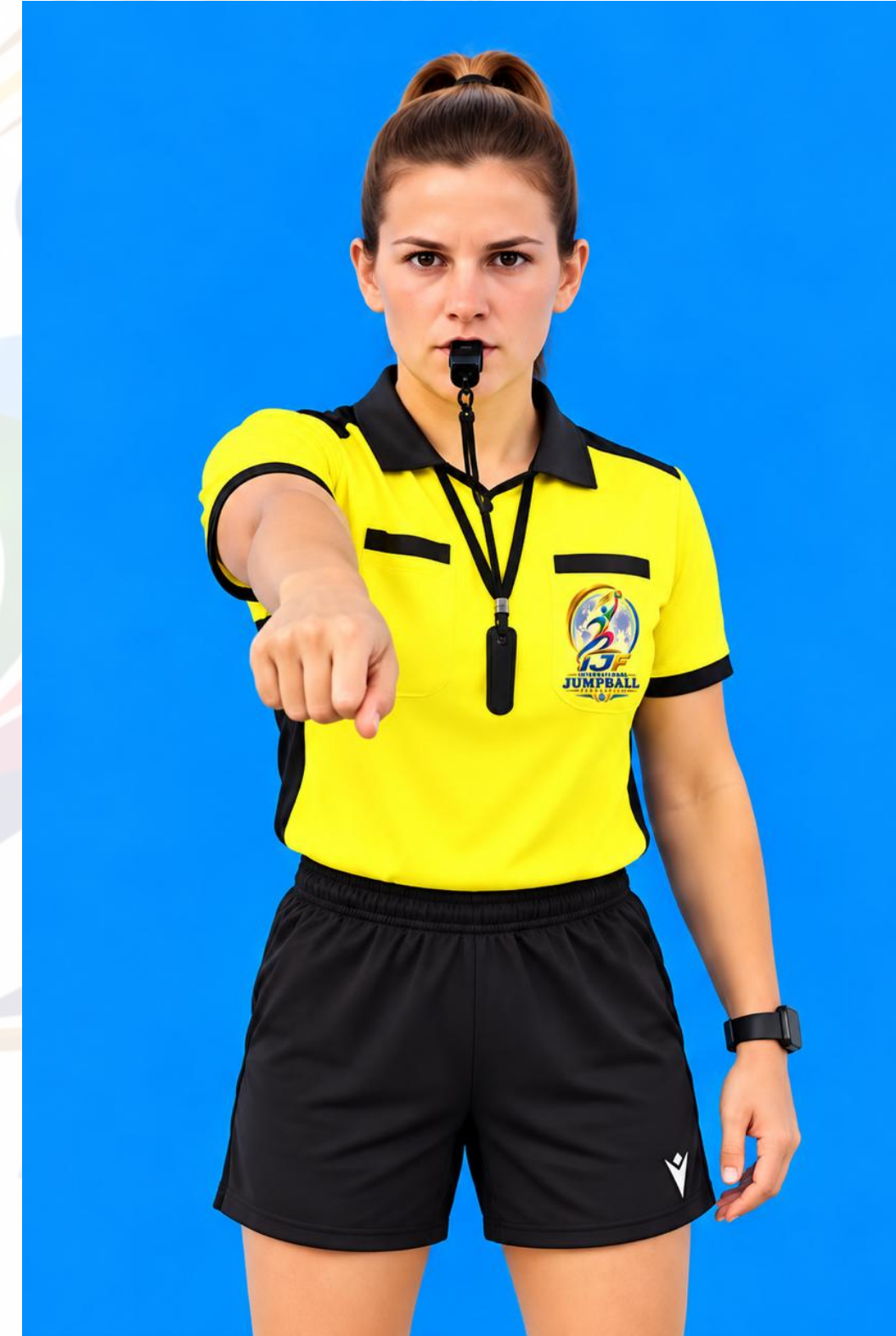
**7. CARDS WARNING/
SUSPENSION/DISQUALIFICATION**



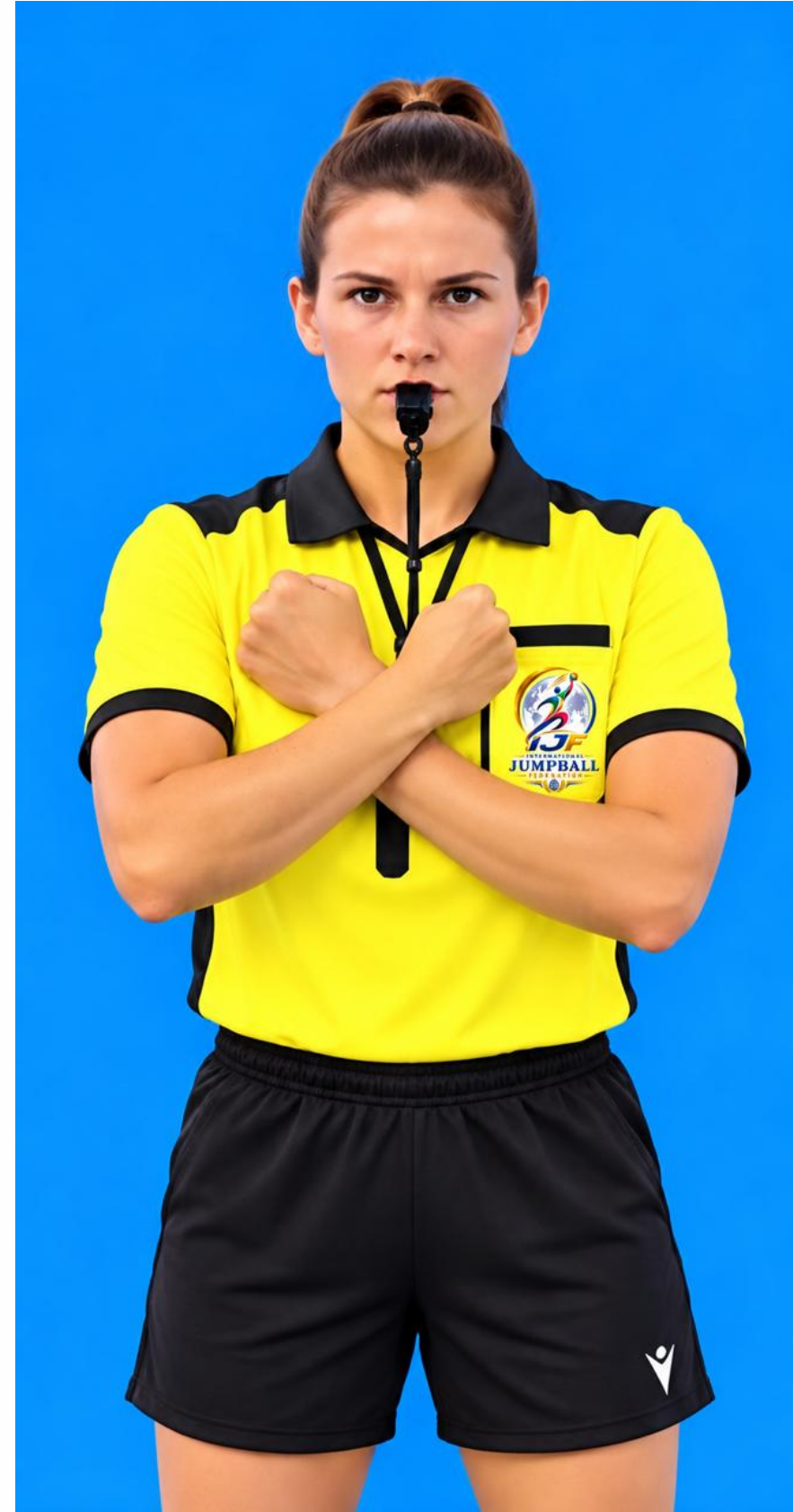
8. DEFELECTED BOUNCE



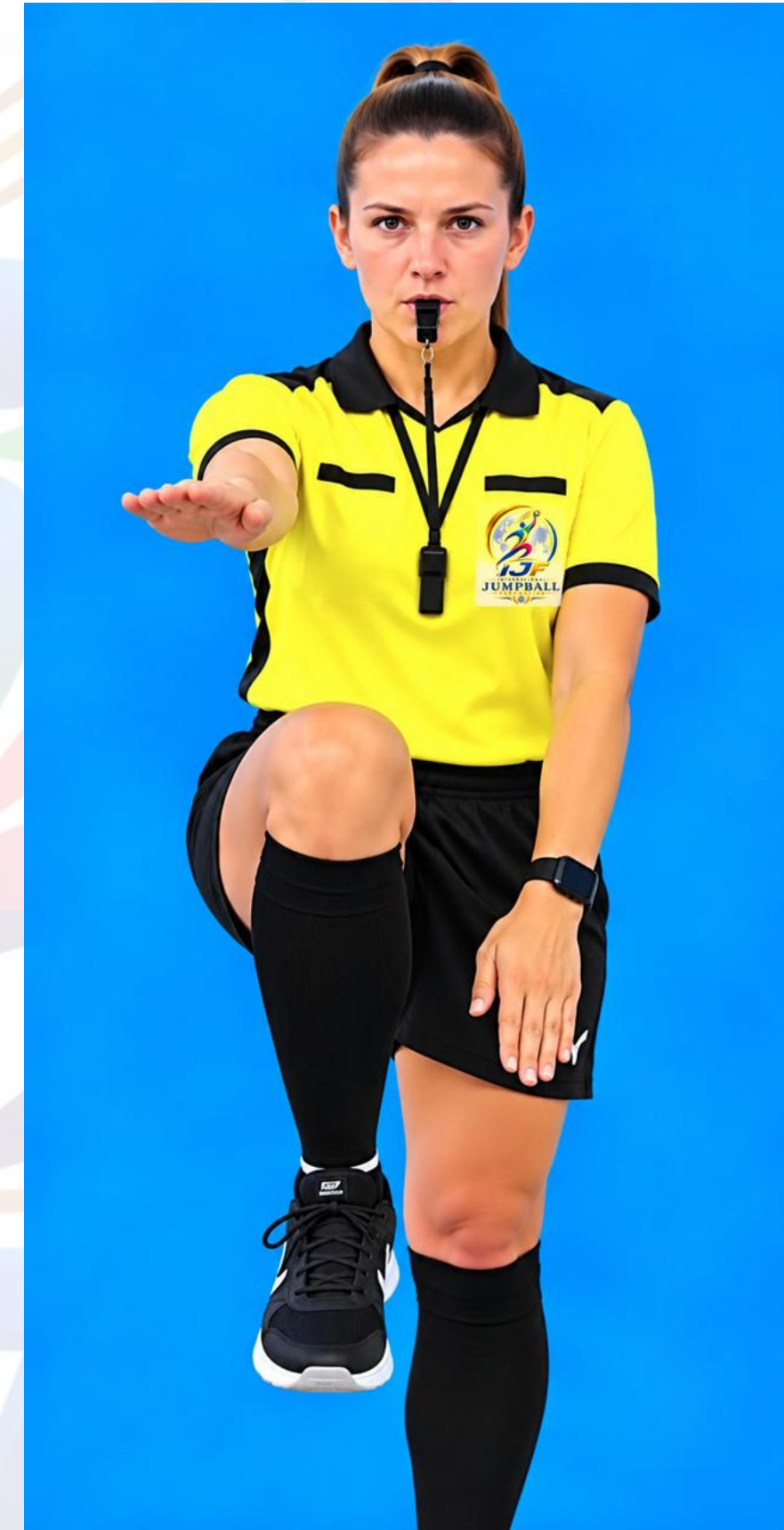
9. JERSEY PULLING



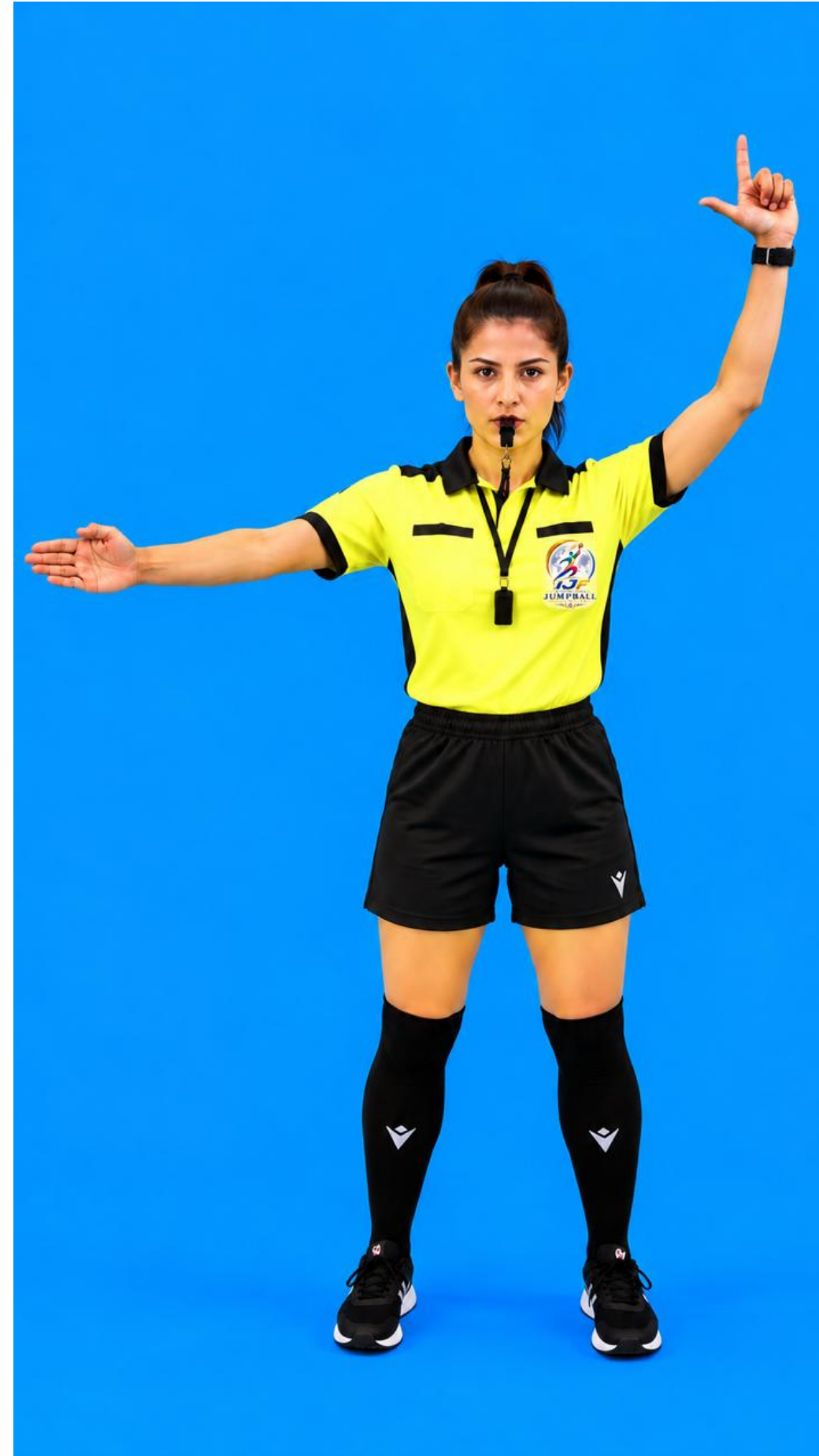
10. MATCH START



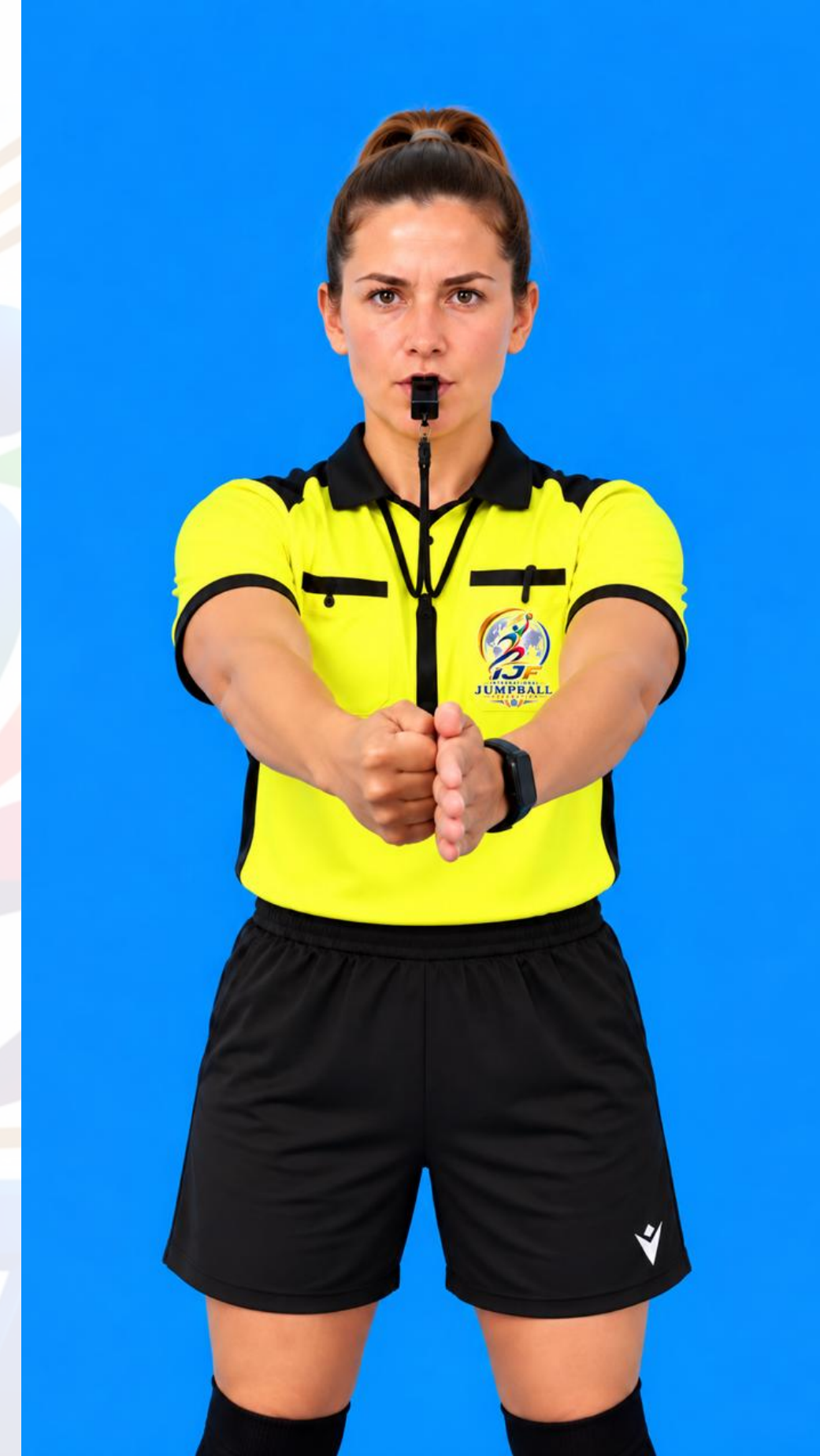
11. TECHNICAL TIME OUT



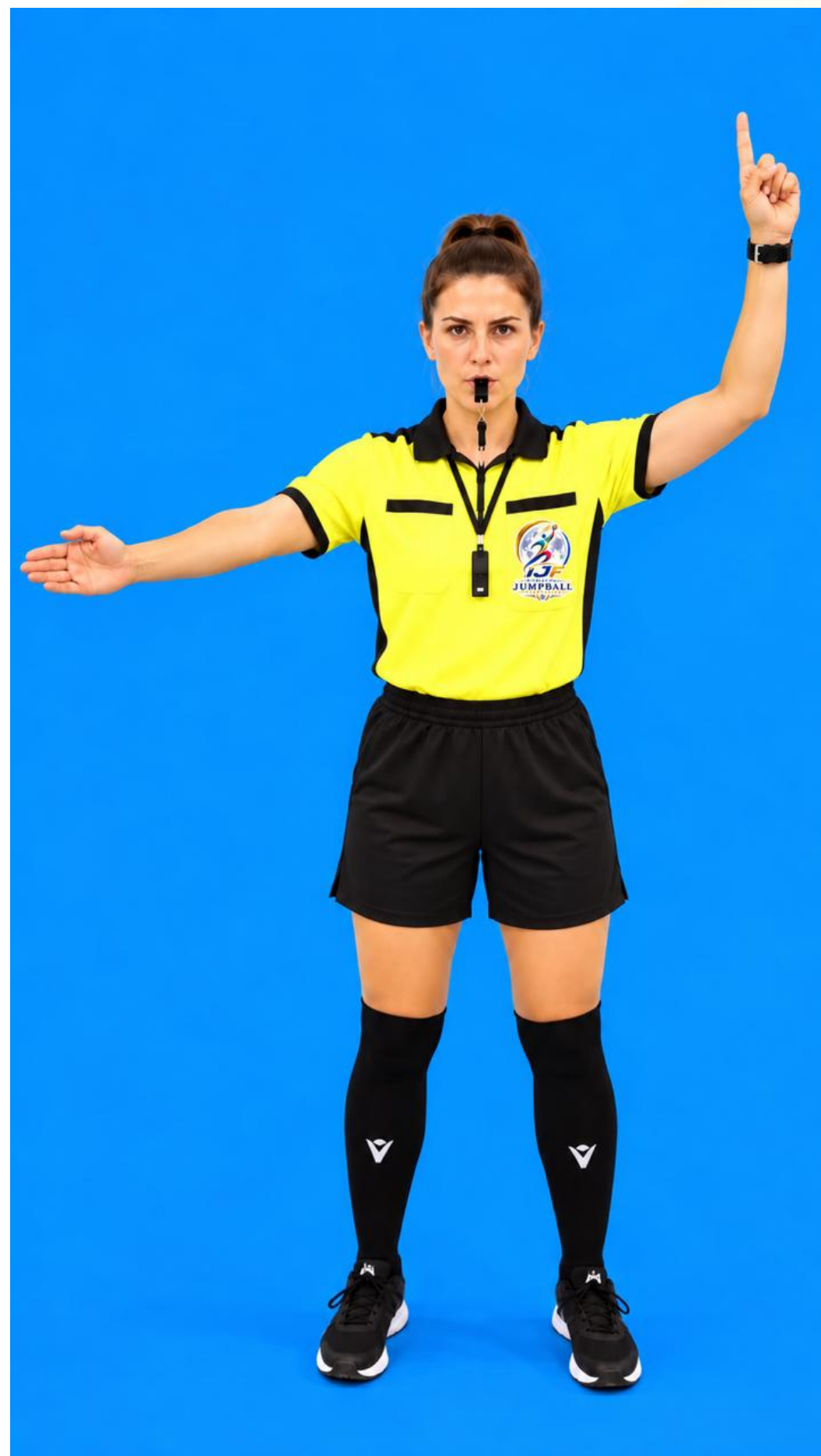
12. LOWER CONTACT (BELOW THE KNEE)



**13. 1 MINUTE 30 SECONDS
SUSPENSION**



14. HITTING (IIIEGAL CONTACT)



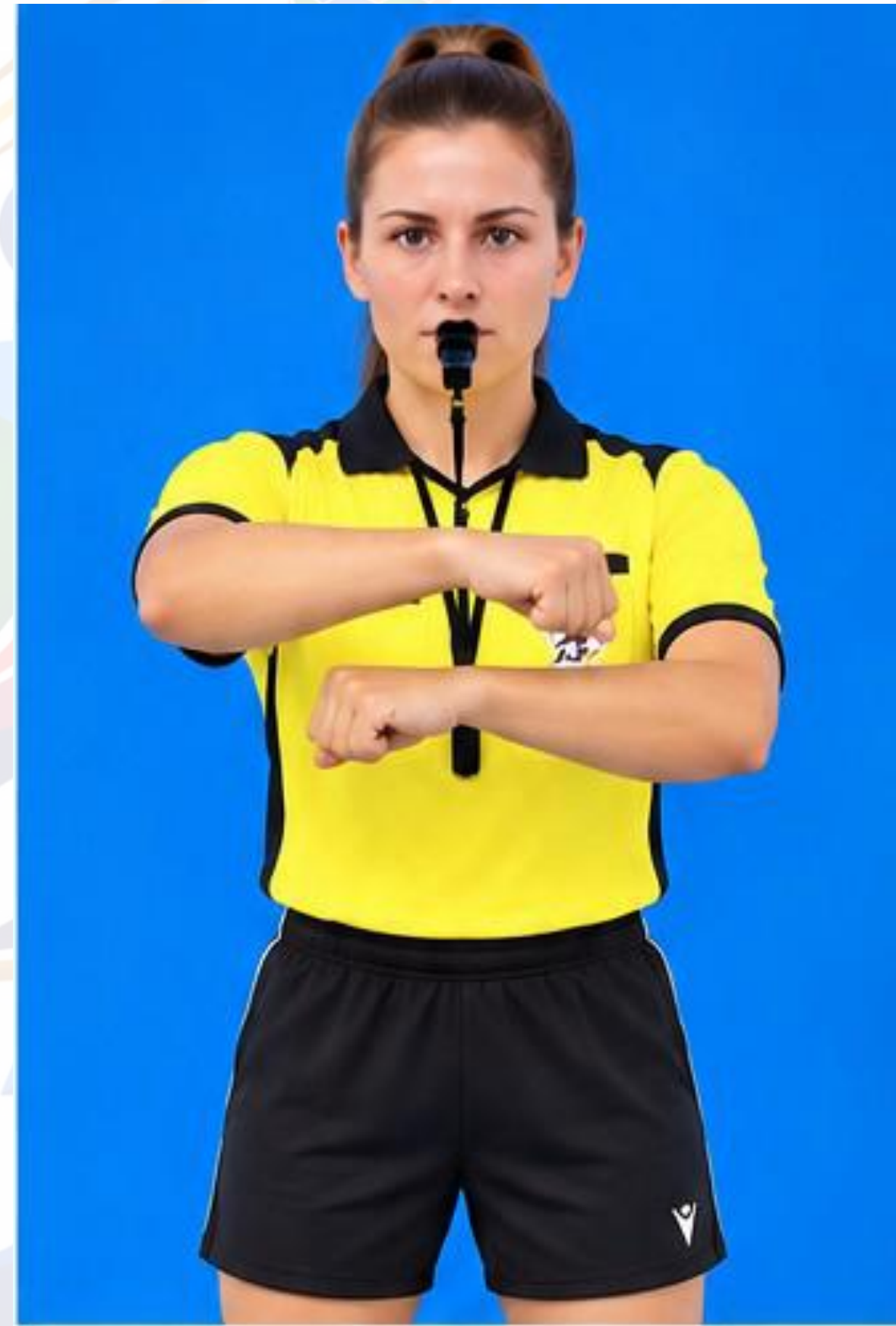
15. ONE PASS



16. COURT CHANGE



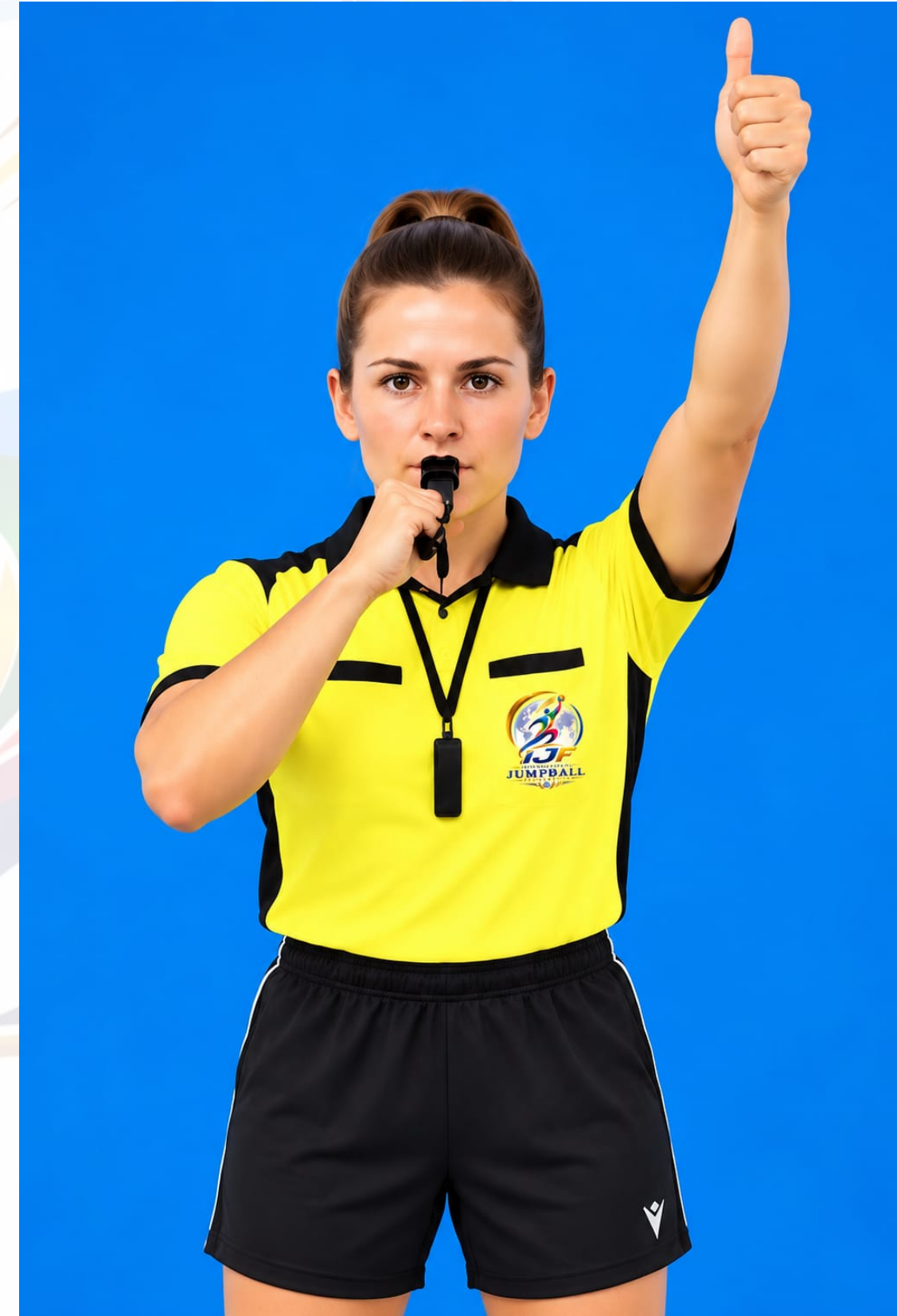
17. LINE CROSSING



18. RUNNING (MORE THAN 3 STEPS)



19. TIME OUT



20. GOAL SIGNAL



APPENDIX A — COURT SET-OUT CHECKLIST

1. Measure the playing surface at 30 m × 15 m.
2. Mark the centre line exactly midway along the 30 m length.
3. Mark the 5.75 m line at both ends.
4. Mark the 9 m dotted line at both ends.
5. Confirm that both ends are symmetrical.
6. Confirm the Goalkeeper Area is clear and safe.
7. Confirm the goal is securely fixed and aligned.

APPENDIX B — MATCH-DAY REFEREE CHECKLIST

8. Verify team lists and goalkeeper identification.
9. Inspect uniforms and footwear.
10. Inspect goal frames and nets.
11. Confirm court markings.
12. Confirm ball condition.
13. Confirm scorer and timekeeper.
14. Explain any competition-specific modifications.
15. Check that both teams understand the Free Shot location.
16. Check that the substitution process is understood.



APPENDIX C — QUICK PLAYER GUIDE

17. Catch and control.
18. Remember: three seconds in the hand.
19. Remember: three steps while holding.
20. Use only one controlled bounce.
21. Do not deliberately use the foot to control the ball.
22. Create space through legal movement and screening.
23. In the Danger Zone, do not accept illegal contact.
24. Jump to shoot and land outside the Goalkeeper Area.
25. Defenders jump to block the ball, not the body.

APPENDIX D — COACHING PRINCIPLES

26. Teach safe jumping and landing before power.
27. Use three-second and three-step drills.
28. Practice passing under pressure without contact.
29. Practice legal screening in the Soft Zone.
30. Practice 7.50-metre defensive blocking discipline.
31. Train goalkeepers to receive and distribute only from the Goalkeeper Area.

JUMPBALL
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APPENDIX E — RULE AMENDMENT LOG

32. Edition 1.0 — Initial standardized rule framework based on the sport description supplied by the creator.

33. Future amendments should identify the date, affected rule number, reason for change and effective competition date.

34. All amendments should be approved by the governing body before being used in official competition.

OFFICIAL RULE BOOK — END

This document is a proposed standardized playing-rule framework for Jumpball. It should be reviewed, field-tested and formally approved by the sport's governing body before being represented as a final international rule code.

Important drafting note: the dimensions supplied for the Attack Zone included both 5.75 m and 5.75 m in the description. This rule book uses 5.75 m consistently because the 5.75 m marking was repeatedly identified as the first/goal-area line. If the intended measurement is 5.75 m, the governing body should issue a formal correction before adoption.