



**2016-2021
OFFICIAL RULE BOOK
(ENGLISH)**



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PREFACE

This edition of the Official Rules Book of the Int.'l FXC - Fireball Extreme Challenge™ Federation contains all current rules governing the playing of professional Int.'l FXC - Fireball Extreme Challenge™ that will be in effect for the 2016-2021 FXC seasons.

The Board of Directors of the Federation may amend the rules from time to time, pursuant to the applicable voting procedures of the FXC Constitution and Bylaws.

The rules contained in this manual are mandatory only in all the official matches and competitions organized by the Int.'l FXC - Fireball Extreme Challenge™ Federation.

Any intra League dispute or call for interpretation in connection with these rules will be decided by the US Commissioner of the League, whose ruling will be final.

ARTICLE 1

SPORT DESCRIPTION

DESCRIPTION AND OBJECTIVE:

FXC - FireBall Extreme Challenge™ is a new, explosive, spectacular sport, that combines and constantly alternates an aerobic, cardiovascular activity with high intensity anaerobic sprints, thus developing strength, endurance, core, agility and explosiveness.

Created years ago in Europe, FXC - Fireball Extreme Challenge™ was built around values such as fairness, team-building, gender equality, inclusion, perseverance and respect, aiming to improve the athletes' physical condition and their competitiveness, while at the same time enhancing the building of team-spirit, self-confidence and character.



In FXC we don't win making goals, or touchdowns. We win with the higher score in ball passes. Each team's objective is to have the ball in its possession for the longest.

The more times the players are able to pass the ball to their team the higher their score is. **EACH PASS = 1 POINT.** Players can throw, pass and catch the ball using any part of the body, but they cannot hold it for more than 2 seconds (3 seconds for kids younger than 8 years old).



The self-pass or auto-pass is allowed to each player for once, every time he/she receives the ball. To have a self-pass, the ball must not be in contact with the player's body. The auto-pass does not count towards the point count.

The auto-pass carried out before the expiration of the two seconds gives the right to a further two seconds of ball possession to the player who has it.



The "Ball Possession" (BP) is interrupted anytime when it becomes "DEAD" and that in FXC happens when:

- i. The ball is held longer than 2 seconds;
- ii. The ball touches the ground;
- iii. The ball leaves the court;
- iv. The ball is intercepted by a player of the opposite team and smashed on the ground;
- v. The game is stopped by a referee due to a foul.

ARTICLE 2

THE COURT

SECTION 1: DIMENSIONS, COURT, SUPPLEMENTAL NOTES

DIMENSIONS:

The match shall be played upon a rectangular court 15 by 25 meters, (or 49.21 by 82.02 feet). With the exception of when the ball is caught and passed in mid-air, it is not permitted to play outside this area.

The longer lines at each end of the court are termed End Lines. The ones on the shorter sides are termed Side Lines. Those inside the court, yellow and red are termed Shooting Line and Neutral Line.

THE COURT:

The playing court will be rimmed by a line of 0.98 feet along the End Lines and Side Lines. The surface of the entire court must be at and free from bumps and/or roughness. The court must always allow 3 meters (9.84 feet) per side as safety measure.

COURT MEASUREMENTS

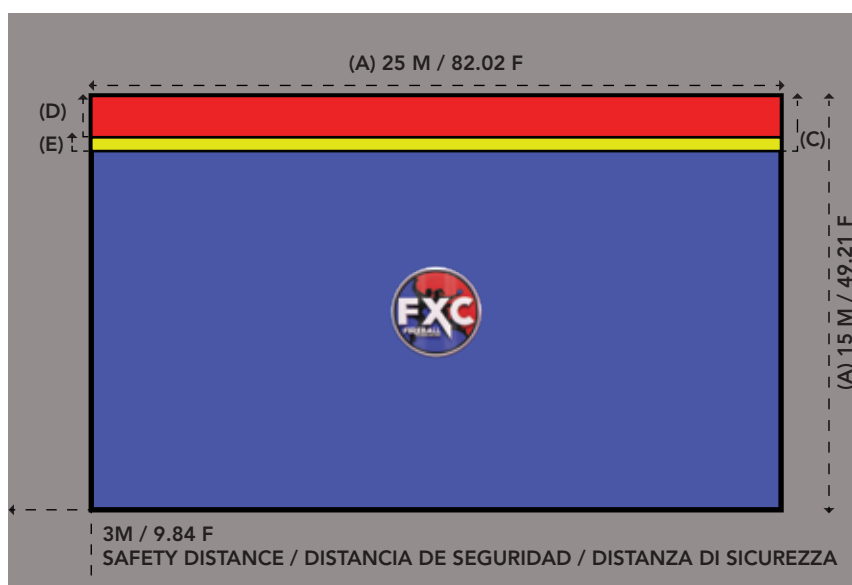
(A) 25 METERS / 82.02 FEET
(B) 15 METERS / 49.21 FEET
(C) 2 METERS / 6.56 FEET
(D) 1.5 METERS / 4.92 FEET
(E) 0.5 METERS / 1.64 FEET

MEDIDAS DE LA CANCHA

(A) 25 METROS / 82.02 PIES
(B) 15 METROS / 49.21 PIES
(C) 2 METROS / 6.56 PIES
(D) 1.5 METROS / 4.92 PIES
(E) 0.5 METROS / 1.64 PIES

DIMENSIONI CAMPO

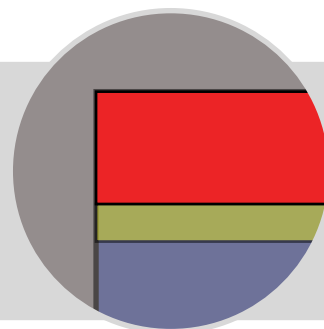
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(C) 2 METRI / 6.56 PIEDI
(D) 1.5 METRI / 4.92 PIEDI
(E) 0.5 METRI / 1.64 PIEDI



ARTICLE 2:

THE CAPTAIN'S LANE:

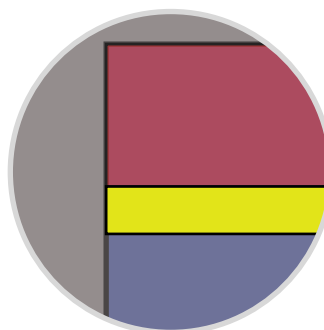
The area bounded by a side line and the Shooting Line is known as the "Captain's Lane" (CL). It is 25 meters long (82.02 feet) and 1,5 meters wide (4.92 feet). It is the lane reserved to the Captain of the Defensive team at the beginning of each Ball Possession.



THE NEUTRAL LANE:

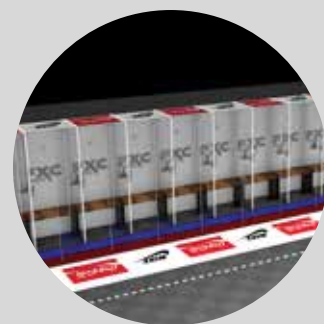
The area bounded by the Shooting Line and the Neutral Line is known as the "Neutral Lane" (NL). The NL is 50 cm (1.6 feet) wide and 25 meters long (82.02 feet). It cannot be invaded by any player (of both teams), until the Captain of the defense team throws the ball.

Once the Captain has passed the ball, the Captain's Lane (CL) and the "Neutral Lane" (NL) become part of the playing court. The Shooting Line and the Neutral Line will be marked by a continued 10cm-wide (4-inch) line. Their color would be preferably red and yellow.



THE BENCHES:

The benches of each team will be placed 3 meters (9.84 feet) away from the sideline on each side or on the End Line opposite to the Captain's Lane and in this case at a minimum distance of 6 meters from each other. Each bench area extends for 2 meters in length in front of the bench and is marked with a dotted line (white or yellow) 10cm-wide (4-inch). For no reason rigid fixtures (billboards, walls, pillars and marketing posters, etc) should be nearer than 5 meters (16 feet) from the external court perimeter.



SUPPLEMENTAL NOTES:

All measurements are to be made from the inside edges of the line marking the boundary lines. All lines are straight and must be marked - when they are not painted - with tape or a material that is not injurious to eye or skin.

In non-official competitions if courts are located in places different from regular gyms or arenas, where different ground rules are necessary due to fixed conditions that cannot be changed, they will be made by the State Commissioner.

If the State Commissioner is not present, they will be made by mutual agreement of the two coaches before the beginning of the match. If they cannot agree the Official Table is the final authority after consulting the Referees.

ARTICLE 3

THE BALL

BALL DIMENSIONS:

The ball is spherical and must be made either of leather or a synthetic material. It has a 50-52 cm (19.69 - 20.67 inches) of circumference and a weight of 290-330g and must be bearing the signature of the State Federation Commissioner.

Resinating the ball is not allowed. The Official Table shall be the sole judge as to whether all balls offered for play comply with the Federation's specifications. A pump is to be furnished by the home club, and the balls shall remain under the supervision of the Officials Table until they are delivered to the ball attendant or to the Referees just prior to the start of the game.



BALL SUPPLY:

Each team will make 4 balls available for testing by the Referees one hour prior to the starting time of the game to meet the Federation's requirements. The home team will also make 4 backup balls available at any time during each match.

In the event the home team's balls do not conform to the specifications, or its supply is exhausted, the Referees shall secure a proper ball from the visitors and, failing that, use the best available ball. Any such circumstances must be reported to the Commissioner.



ARTICLE 4

TEAMS, PLAYERS, SUBSTITUTIONS, COACHES

SECTION 1: TEAMS

NUMBER OF PLAYERS:

FXC - Fireball Extreme Challenge™ is played by two teams, consisting of 12 to 20 players from which 12 will be allowed to play per match with 7 always on the court (excluding those disqualified during the match) and the others on the bench. Teams must be coed. Each team must have at least three members of the opposite sex always on the court. In order to start a game it is necessary to have a team with at least 7 players on the court.



Coaches of each team have the ability to choose to have reserve players in the court playing with main players at any given time. If at any phase of the competition a team finds itself with less than 7 players for 3 or more Ball Possessions (BP), the match can be authorized to continue only by the Officials Table. In absence of such authorization, the team in question will be declared defeated and the match immediately terminated.

This rule does not apply in case of expulsion of players from one more ball possessions due to accumulated fouls.

Should a team lose more than 2 players for accumulated fouls and the suspensions from the match of the benched players for 3 or more 3 BP, the Jury table will end the match declaring the team with 5 players defeated by default.

The defeated team's score will be zeroed and 50 (fifty) points added to the winning team's score.

OFFENSIVE AND DEFENSIVE ROLES:

Teams will be defined Offensive and Defensive according to which one has the ball possession ("Defensive") or has to conquer it ("Offensive"). When the ball is intercepted by the Offensive Team and passed among its players the roles of the teams switch until the BP ends or the ball is conquered again by the original Defensive Team.



ARTICLE 4

An Offensive Team player is allowed to:

- i. Distract the adversary by waving arms about or on the side;
- ii. Touch the hands and forearms of the adversary who has the ball attempting to get it. These attempts have to occur with the hand open and only when the ball is kept at chest level (chest is delimited at the shoulder blade);
- iii. Attempting to grab the ball directly (in this case the action can only last two seconds, beyond which, time is stopped);
- iv. Keep a tight mark as long as this does not result in contact with the adversary and the impossibility of the athlete to move.

PLAYERS NUMBERING:

All players must wear numerals on their uniforms. The numbers must appear on front and back



SECTION 2: TENURED PLAYERS, RESERVE PLAYERS, THE CAPTAIN, THE COACH & OTHERS

TENURED PLAYERS:

Tenured Players are the ones that open the match.

Walking in FXC is forbidden. All the players must constantly move on the court.

Walking on the court is consider a foul and penalized as such (see Fouls Section)

Fifteen minute before a match is schedule to begin, the official representative of each team has to present to the Officials Table the list of all Tenured and Reserve Players' names, numbers and the order in which they will perform the role of Captain in the 5 (five) games. Once communicated, the order cannot be modified.

If the official representative of each team does not submit the form, the order will be decided by the Officials Table among all team's members, including reserve players.

	J. Arregui	
0	A. Hernandez	2
8	R. Leon	2
29	B. Murieta	4
19	F. Aja	2
9	J. Izazaga	2
32	J. Gotoo	2
7	J. Paqueda	
	E. Montalvo	

ARTICLE 4

RESERVE PLAYERS:

These are the athletes that sit on the bench at the beginning of the match. Each team can have up to 7 reserves. In order to be admitted to the game, reserves have to be present on the court at the greetings that precedes the beginning of the game. Tardy athletes will not be admitted on the court. The absence of Reserve Players does not preclude a team to compete in a FXC match.

THE CAPTAIN:

All team players must play in the Captain's role at least once per match.

The Captain is the player who passes the ball at the beginning of each Ball Possession Attempt.

The Captain must always and constantly move during the Strategic Phase and until he/she's passed the ball and the game has begun. Should the Captain stop for any reason, a 5-point penalty would be given to his/her Team.



The designated captain is the only player who may ask an official about a rule interpretation during a regular timeout charged to his team. He/She may not discuss a judgment decision.

Players can be excluded from carrying out the Captain's duty only in the event of an injury, if they have to leave the court indefinitely. If the Captain is forced to leave the court during a game, the next person listed in the team's report will replace him. A temporary substitution for a few games does not exempt the injured athlete from the Captain's duty.



THE COACH AND OTHERS:

The Coach's position may be on or off the bench and he/she is permitted to walk to the edge of the Bench Area to relay information to players but can never exit it if she/he does not want to be called for a non-unsportsmanlike technical foul. Once the match has begun, the coaches, the assistants and trainers must remain in the bench area. Violators will be assessed with a 5-point penalty against their team.

Coaches, trainers and athletes are forbidden to approach the Officials Table. Any dispute must be addressed to the Head Referee and only after a Time Out has been called.

ARTICLE 4

THE COACH'S AND BENCH BEHAVIOR

Coaches and any person on the bench trying to talk to any referee, attract the referee(s)'s attention will see their team penalized with 5 point and the loss of the Ball Possession.



Any offense addressed to one or more referees by anyone on the bench will lead to the immediate disqualification of the team the responsible belongs to.

The bench shall be occupied only by a league-approved head coach, one assistant coach, the reserve players, and one physician or trainer. They have to maintain a sportsmanship attitude. They can all be suspended or expelled from the match if:

- i. They don't have a sportsmanship attitude;
- ii. They offend their own players, the players of the opposite team, the coaches or other people;
- iii. They evoke or instigate violence or anti sportsmanship attitude;
- iv. They release discriminatory or racist comments and/or gestures.

A player, coach or assistant coach who is expelled may only remain in the dressing room of his team during the remainder of the match, or leave the building.

A violation of this rule shall call for an automatic fine of \$1,000 or the revocation of his/her FXC license.

THE PLAYER-COACH

A player-coach, is allowed by the FXC Federation but will have no special privileges.

He/she is to conduct himself in the same manner as any other player. A player-coach must have received the coach license from the FXC Federation of the country he/she's based in.



ARTICLE 4

SECTION 3: SUBSTITUTIONS, WITHDRAWN PLAYERS, DISQUALIFIED AND SUSPENDED PLAYERS

SUBSTITUTIONS:

Players can enter the court to substitute another member only between Ball Possessions and in any case until any of the referees raises his/her flag to signal their readiness to begin a new ball possession.

The Referees must acknowledge each team's coach that the change is allowed by signaling to the other referees that a change is ongoing.



The substitutions must be done in order and within 15 seconds from the moment they are called. Teams caught executing substitutions longer than 15 secs or after the referees have raised their flag will be penalized with 2 points subtracted from their total score.

>15"

-2

A player may NOT be replaced and allowed to re-enter the match as a substitute during the same BP.

A substitute must be ready to enter the game when beckoned. No delays for removal of warm-up clothing are permitted. The substitute shall not replace the Captain for that Ball Possession unless dictated to do so by an injury.

It is forbidden for coaches substituting expelled athletes in any phase of the match.

ARTICLE 4

SUBSTITUTED PLAYERS:

Players who have been replaced must leave the playing court immediately and join the Reserve Players on their team's bench.



DISQUALIFIED PLAYERS:

Disqualified players must leave the court enclosure and go to the team locker room within 2 minutes from their disqualification. Athletes disqualified for more than one match won't be allowed to access the court nor sit on their team's bench until their sentence has been entirely carried out.

SUSPENDED PLAYERS:

Suspended Players can never be replaced on the court and they may re-join the match at any time, provided that the reason for his suspension has been corrected or the suspension time has gone by.

ARTICLE 5

REFEREES AND OFFICIALS

SECTION 1: THE OFFICIALS

The match officials on the court are four Referees. They are assisted by two Score Keepers and by the President of the Officials table. All officials shall be approved by the FXC Federation office.

The officials shall wear the uniform prescribed by the FXC Federation.



SECTION 2: DUTIES OF THE REFEREES

GENERAL DUTIES:

The match is directed by four Referees: two centrals, and two laterals. They cannot have affiliations of any kind with the players of either team.



The Referees shall, prior to the start of the game, inspect and approve all equipment, including court, balls, backboards, timer's and scorer's equipment.

The Referees shall not permit players to play with any type of hand, arm, face, nose, ear, head or neck jewelry.

The Referees shall not permit any player to wear equipment which, in their judgment, is dangerous to other players. Any equipment which is of hard substance (casts, splints, and braces) is forbidden.

The Referees must check the balls to see that they are properly inflated.

The Referees must meet with the team coaches prior to the start of the match. If a coach desires to discuss a rule or interpretation of a rule prior to the start of a match or between games, it will be mandatory for the referees to ask the other coach to be present during the discussion. The same procedure shall be followed if the Officials wish to discuss any issue with either coach.

ARTICLE 5

All officials shall enter the court at the latest prior to the 60-minute mark on the game clock to observe the warm-up period and report to the league office any atypical situations and to review scoring procedures with table personnel.

A 3-meter long Officials' Table (9.94") is set up over a 1-meter (3 feet) tall stage behind the End Line opposite to the team benches to host:

- i. 2 Score Keepers;
- ii. 1 President of the table.

THE REFEREES' DUTIES:

The Referees move along the side lines and the end line opposite to the benches and they:

- i. Announce beginning, suspension and end of the BP, games and match;
- ii. Regulate each phase of the match;
- iii. Note possible fouls;
- iv. Inform the Officials' Table of all fouls and infractions committed;
- v. Ask verdict confirmation to Officials Table in cases of questioning an admonition request and/or penalty;
- vi. Authorize substitutions of players;
- vii. Verify the respect of the Captain's Lane and of the Neutral Lane during the "Strategic Phase" and the "Passing Phase" of each BP and they call for their violations;
- viii. Call out committed fouls;
- ix. Verify that the ball is held for no longer than 2 seconds.



SCORE KEEPERS' DUTIES:

They are:

- i. Count the number of passes made by each team;
- ii. Keeping track of Strategic Phase time and of the Captain's Shooting Time;
- iii. Timing the time outs, the players' substitutions and the intermissions among games.

ARTICLE 5

OFFICIALS TABLE OFFICIALS' DUTIES:

The Officials Table's duties are:

- i. Receiving the lists of athletes who will be playing as Captain in the 5 games from the 2 teams;
- ii. Keeping count of admonitions and of players and coaches' expulsions;
- iii. Give penalties to the teams;
- iv. Handle and administrates admonitions & expulsions of players and coaches;
- v. Keep count of substitutions;
- vi. Keeping count of possible complaints, disputes and resolutions;
- vii. Supervising the Referees' work;
- viii. Compiling a daily report on the work of each referee they supervise;
- ix. Keeping record of the personal and technical fouls called on each player;
- x. Immediately notifying the Referees when a foul is called on any player;
- xi. Keeping track of the Timeouts charged to each team.



More information about each Referee's role and specific responsibility can be found in the Referees Section at the end of this document.

In case of expulsion of a player, the coach of the team of the expelled player can appeal the decision to the Officials Table, which has the obligation to immediately resolve the situation.

The verdict from the Officials Table is unappealable and expressed as majority. In case of abstention of one of the three members, the Table's President's vote is counted as double.



ARTICLE 6

MATCH STRUCTURE, DURATION AND TIMING

SECTION 1: STRUCTURE OF A MATCH: GAMES AND BALL POSSESSION ATTEMPTS

MATCH:

Each match consists of 5 games and cannot last more than 2 hours of official playing time. At the end of the 2nd hour of official playing time the team with more points will be declared the winner.

The official playing time does not include the 2-minute-breaks after each game, nor the Teams Time Outs or the Injury Time Outs.

5
games
2
hours

GAMES:

A game consists of 10 "Ball Possession" (BP) for each team. At the end of the match - assuming it is played within the 2 hours of actual playing time - each team will have defended the ball in 5 games, and will have attacked the opposite team for another 5 games.

1
game
10
BP

The repetition of a Ball Possession Attempt due to violation of the neutral lane or a foul by the attacking team does not count as the new Ball Possession Attempt.

Switched Ball Possessions within each BP do not change the order and/or the count of the BPAs within each game.

BALL POSSESSION ATTEMPT:

Is the opportunity each team has to pass and control the ball.



ARTICLE 6

SECTION 2: OFFICIAL TIME, STRATEGIC PHASE, PASSING TIME AND MATCH TIME

OFFICIAL TIME:

Each venue that will house an official FXC match will be equipped with an electric clock to keep track of the official match time, of the strategic phase and of the passing time.

BALL POSSESSION (BP):

A BP starts from the moment in which the Captain passes the ball to one of his/her players and the ball passes the Shooting Line. Defense players have to pass the ball as fast as possible, and every two seconds to avoid the Ball Possession to end.

In particular the BP ends when:

- i. A player holds the ball longer than 2 seconds;
- ii. The ball touches the ground, or leaves the court;
- iii. A player with the ball ends up with both feet beyond the side lines or end lines of the court;
- iv. A foul that requires suspension of the game occurs;
- v. A player is seriously injured.



"SWITCHED BALL POSSESSION":

If a player from the attacking team intercepts but does not stop the ball and the ball goes back to a player in the defense team, the pass of the defending team is considered valid and counted.

If the ball is intercepted by an attacking player and passed to any of his/her teammates then the BP switches and the passes made by the attacking team are counted in its favor. This is called "Switched Ball Possession". When this happens the roles of the teams invert abruptly.



SUSPENDED BALL POSSESSION

Assuming no fouls has been committed or called, the referees might suspend a ball possession to allow injured athletes to be helped and/or carried out of the court. When a suspension occurs the BP will be resumed with the player who last had the ball serving as Captain. This scenario will not change the count and the teams' order of the Ball Possessions nor the order of the Captains of each team.



ARTICLE 6

STRATEGIC PHASE TIME:

The Strategic Phase lasts 5 mandatory seconds during which the ball cannot be passed to anyone. Once the 5 seconds have gone by the Captain has 30 seconds to pass the ball.

If the Captain passes the ball before the end of the 5-second Strategic Phase or does not pass it within 30 secs, the Ball Possession ends and is registered with zero points.

During this phase the players cannot invade the CL nor the NZ, in order to avoid penalties. "Actions of disturbance" towards the Captain can happen in this phase only outside the NZ.

5
secs

30
secs

PASSING TIME:

The Captain has to pass the ball within 30 seconds from the end of the Strategic Phase. If this doesn't happen the BP is terminated with a score equal to zero and the next Ball Possession begins.

30
secs

MATCH TIME AND WINNER:

The total match time is 2 hours of actual playing time. The match is won by the team with more passes/points.

In the event of a tie, a new game is played and in the event of another tie, each team will have 1 BP until one wins.

2
hours

SECTION 3: RESTING TIME, TIMEOUTS, INJURY TIMEOUTS, TECHNICAL TIMEOUTS

RESTING TIME:

Athletes are allowed to rest only during the intermission after each game when teams return to their areas. They last 2 minutes each and must be spent by the players of both teams in their bench areas.

It is expressly forbidden to any player, team attendant, medical crew or coach to remain on the court during the resting periods.

If a player is seriously injured and needs medical assistance, the Referees will authorize the entrance on the court of the paramedic crew to move him/her outside of the playing court.

ARTICLE 6

TEAM TIMEOUTS (TTO):

The Referees allow a Team Timeout called by the team's coach only while the ball is dead (Dead Ball is one that is not in play) and therefore in between Ball Possession Attempts.

Each team is allowed 2 (two) team timeouts during each game.

Team timeouts is 30 seconds in length.

Failing to return on the court within 35 seconds will result in a 2-point penalty for the late team.

2
TTOs

30
secs

INJURY TIMEOUTS (ITO):

If one of the Referees determines a player to be injured, or if medical attendants need to enter the court to help the injured player, an Injury Timeout is called by the Referees. The injury time out lasts enough to move the injured player out of the playing court. Once that is carried out the Referees resume the match. An ITO ends the BP which was being played when the injury occurred.

When an injury timeout is called all the players must return to their benches.

When an injury timeout is called, the injured player must leave the match for at least the completion of the following Ball Possession Attempt. The player will be permitted to remain on the court if the injury is the result of a foul by an opponent and does not seriously jeopardize his/her capability of playing.



TECHNICAL TABLE TIME OUT

At their discretion the Officials Table might call a technical Time Out to solve technical problems.

ARTICLE 6

SECTION 4: FOULS

THESE ARE THE 3 KEY PRINCIPLES OF FXC - FIREBALL EXTREME CHALLENGE™:

1

All the players, coaches, instructors must always be respectful and in control of their actions and behaviors on and off the court during any FXC match. Violent, discriminatory, racist, offensive and more in general disrespectful behaviors and/or comments are strictly prohibited and will be heavily sanctioned by the FXC Federation at local and international level.

2

On the court, being in control of your actions means having total control of your mind and body. Uncontrolled movements and/or reactions that might be considered dangerous for those who commit them and for the other players will be sanctioned as fouls and dealt accordingly.

3

As FXC Players "We train together, sweat together, win and learn together. Respecting our team mates as well as our opponents is part of our creed."

PERSONAL FOUL:

A Personal Foul is illegal physical contact which occurs with an opponent after the ball has become live and before the Referee blows the whistle to end the BP, the game or the match.

ARTICLE 6

The following fouls are considered Personal Fouls:

- i. Involuntarily Pushing a player;
- ii. Placing hands and/or arms around the neck or in front of the face of an adversary in the attempt to steal the ball;
- iii. Immobilize one player:
 - a. Grabbing him by the T-shirt or shorts with one or two hands;
 - b. Executing any type of waist lock, armlock or leg-lock;
 - c. Willingly stepping on the player's foot;
- iv. Hitting one player on the back of the legs with feet and/or knees;
- v. Any act of tripping a player;
- vi. Pulling another player on the ground and move him from the position he occupies.



Hitting the ball as it is held by another player is allowed.

Hitting the forearms of another player is permitted only if:

- i. The player has the possession of the ball; and
- ii. The forearms are hit with the palm of an open hand. If time expires before the personal fouls occurs, the personal fouls should be disregarded, unless it was unsportsmanlike.



Exception: If the foul is committed on or by a player in the act of throwing the ball, and the player passes the ball then the BP should not be stopped and the foul is administered as soon as the ball becomes dead.

CONDUCT FOUL:

A Conduct Foul is any unsportsmanlike behavior or action by team members on the floor or seated on the bench.

Offenses to referees, players, coaches, any team member of their own team or of the opposite carried out orally or with explicit vulgar gestures are considered Conduct Fouls.

Simulating an injury to stop a Ball Possession or gaining time is considered a Conduct Foul.

ARTICLE 6

DOUBLE PERSONAL FOUL:

A Double Personal Foul is a situation in which any two or more players commit personal fouls at approximately the same time either one against the other or against different players.

VIOLENT FOUL OR SERIOUS FOUL:

A Violent Foul is the foul carried out by:

- vii. Punching;
- viii. Kicking;
- ix. Trying to choke;
- x. Trying to cause a serious damage or injury to another player;
- xi. Hitting with any parts of the body, even by mistake, the face, throat, the cervical, and the spine of another player.
- xii. Grabbing a player from behind with an armlock to the neck;
- xiii. Choking or trying to choke another player.



It is strictly forbidden to strike a player with punches, kicks and/or any Martial Arts or fighting discipline technique. Whoever breaks this rule will be immediately expelled from the match. The expulsion will lead to the subtraction of 30 points from the score of team the expelled player belongs to.

EXP.

**-30
points**

CAPTAIN'S LANE INVASION FOUL:

The Captain's Lane cannot be invaded until the Captain has thrown the ball and the ball has been received or intercepted.

The Lane is considered 'invaded' when a player enters it with any part of the body.

The Shooting Line is considered as part of the Captain's Lane.

THE NEUTRAL LANE INVASION FOUL:

The Neutral Lane cannot be invaded until the Captain has thrown the ball and it has passed the Shooting Line.

The Lane is considered 'invaded' when a player enters it with his/her feet.

The Neutral Line is considered part of the Neutral Lane.



ARTICLE 6

SECTION 5: PENALTIES

The teams are subjected to penalties when fouls and/or violations of the FXC rules are committed. Penalties are cumulative for both sides.

The application of a penalty ends the Ball Possession.

The types of penalties are:



1st FOUL: WARNING:

A Referee will warn players when a first personal foul is committed and in particular when:

- i. They commit a personal foul for the first time;
- ii. They carry out prolonged actions of disturbance, when considered obstructive to the game;
- iii. They immobilize an adversary;
- iv. They stop or walk to recover while the ball is still in play;
- v. They don't use a correct, sportsmanship language.



2ND FOUL: EXPULSION FROM 1 BALL POSSESSION:

When a player commits a second personal foul during the match, the referees will expel him/her from the game for 1 (one) Ball Possession. Expelled athletes must to go back to their bench and cannot be replaced.



3RD FOUL: EXPULSION FROM 2 BALL POSSESSIONS:

Where a player commits a third personal foul during the match, the referees will expel him from the game for 2 (two) Ball Possessions. Expelled athletes must to go back to their bench and cannot be replaced.



4TH FOUL: EXPULSION FROM 10 BALL POSSESSIONS:

A player who commits 4 fouls is considered a "repeat offender" and will be sanctioned with the expulsion from the match for 10 Ball Possessions. Expelled athletes must to go back to their bench and cannot be replaced.



ARTICLE 6

EXPULSIONS FROM THE MATCH:

A Referee can expel players from the match when:

- i. They commit a 5th foul;
- ii. They deliberately hit another player violently with fists, and/or kicks, and/or head, and/or knee blows and/or nudges;
- iii. They threw themselves on the adversary to stop or immobilize them;
- iv. They demonstrated continuous anti-sportsmanship behavior during any game;
- vi. They started a fight on the court;
- vii. They offended and/or threatened orally (or with gestures) one or more players on the court (it doesn't matter which team), or one or more referees, or one or more coaches or the audience.



All expulsions from the match translate in an additional penalty that consists of subtracting 30 points from the total score of the team the expelled player belonged to.

In the event of expulsion from the match, additional disciplinary measures can be adopted, such as exclusions from multiple matches to sanction the player's behavior.

THE NEUTRAL LANE INVASION FOUL:

The Neutral Lane cannot be invaded until the Captain has thrown the ball and it has passed the shooting lane. If the NL is violated for by one or more players of the same team, the BP is stopped, the Referees admonish the violating player(s) and team and 2 points are subtracted by the score of the violating team.

CAPTAIN'S LANE INVASION FOUL:

The Captain's Lane cannot be invaded until the Captain has thrown the ball and the has been received or intercepted. The following penalties are conferred to the violators:

- i. If during a game the CL is violated by a defense team player, the BP is stopped, the Referees admonish the violating player(s), and 5 points are subtracted from their score. The BP is lost.
- ii. If during a game the CL is violated by an attack team player, the BP is stopped, the Referees admonish the violating player and 10 points are subtracted from their score. The BP is repeated;
- iii. If during a game the CL is violated again by an attack team player, 10 additional points are subtracted after each violation from the score gained at the end of the game by the attacking team. The BP is repeated.

ARTICLE 6

TEAM DISQUALIFICATION FOR LEAVING THE MATCH:

If at any time, during an official FXC match, one team leaves the court without being properly authorized by the referees, the team will be punished with a 30 points penalty and 100 points will be added to the other team's score.

LOSS OF BALL POSSESSION(S) FOR THE PLAYERS EXPELLED OR SENT TO THE BENCH:

The players expelled from a match will lose their right to serve as Captain and consequently their future ball possessions. Their team will have less ball possession available.

If a player is sent to the bench for cumulative fouls and his/her turn as Captain coincides with the ball possession he/she must sit out, those ball possessions will be considered lost.

INSTANT REPLAY

Instant replay is allowed in international competitions. It is allowed in the following situations:

- i. A player has violated the Neutral Lane or the Captain's Lane;
- ii. A flagrant foul is called at any time during a game;
- iii. A Player Altercation occurs. For purposes of this instant replay rule only, a Player Altercation shall mean a situation in which: two or more players are engaged in:
 - (a) a fight or
 - (b) a hostile physical interaction that is not part of FXC play and that does not immediately resolve by itself or with the intervention of game officials or players.

PENALTIES RECAP

DISQUALIFICATION, 100-POINT

1

TEAM LEAVING A MATCH: If at any time, during an official FXC match, one team leaves the court without being properly authorized by the referees, the team will be punished with a 30 points penalty and 100 points will be added to the other team's score.

-30

+100

DISQUALIFICATION FOR LACK OF PLAYERS DUE TO FOULS, SCORE ZEROED + 50 POINT TO WINNING TEAM

1

Should a team lose more than 2 players for accumulated fouls and the suspensions from the match of the benched players are for more than 3 BP, the Jury table will end the match declaring the team with 5 players defeated by default.

The defeated team's score will be zeroed and 50 (fifty) points added to the winning team's score.

0

score

+50

DISQUALIFICATION AND 30-POINT PENALTIES, EXPULSION AND LOSS OF BALL POSSESSION:

1

PROHIBITED BEHAVIOR: Any offense addressed to one or more referees, any players and/or members of the public by anyone on the bench and/or players on the court will lead to the immediate disqualification of the team the responsible belongs to and a 30-point penalty.

-30

2

VOLUNTARY FOULS: Anyone who will commit a voluntary foul will be immediately expelled from the match and 30 points will be subtracted from the score of team the expelled player belongs to.

-30

THE RULE:

It is strictly forbidden to strike a player with punches, kicks and/or any Martial Arts or fighting discipline technique. Tackling someone, simulation and reaction fouls are considered voluntary fouls. Pushing, placing an elbow in front of another players to push him/her out of balance, reaction fouls, simulating fouls, are considered Voluntary fouls.

A referee can discretionally warn the player the first time if he/she has doubt on the willingness to commit it. If a voluntary foul is repeated by the same player the referee MUST proceed with the expulsion.

PENALTIES RECAP

10-POINT PENALTIES AND LOSS OF BALL POSSESSION:

Ten points will be subtracted from a team's score and the Ball Possession will be lost in the following cases:

1

CAPTAIN'S LANE INVASION FOUL: If during a game the CL is violated by an attack team player, the BP is stopped, the Referees admonish the violating player and 10 points are subtracted from their score. The BP is repeated;

-10

THE RULE:

The Captain's Lane cannot be invaded until the Captain has thrown the ball.

5-POINT PENALTIES AND LOSS OF BALL POSSESSION:

Five points will be subtracted from a team's score and the Ball Possession will be lost in the following cases:

1

CAPTAIN'S BEHAVIOR: Any time a Captain stops for any reason during the Strategic Phase and the Passing Time.

-5

THE RULE:

It is considered "stopping" not moving your legs for more than 1 second.

2

CAPTAIN'S LANE INVASION FOUL: If during a game the CL is violated by a defense team player, the BP is stopped, the Referees admonish the violating player, and 5 points are subtracted from their score. The ball possession is lost and does not get repeated.

-5

THE RULE:

The Captain's Lane cannot be invaded until the Captain has thrown the ball.

PENALTIES RECAP

3

SINGLE PLAYERS LEAVING THE BENCH: Any time a coach and/or an assistant coach leaves the bench areas during the match will be sanctioned with a 5-point penalty against their team. All assistants and trainers must remain in the bench area.

-5

THE RULE:

Once the match has began, the coaches and the team personnel are not permitted to leave the bench area.

4

TRYING TO TALK TO THE REFEREES: Any time the coaches and any person on the bench tries to talk to any referee, attract the referee(s)'s attention a 5-point penalty will be given to the team the violating coach belongs to. The only exception is to indicate one of their players has been injured or there is another serious medical reason.

-5

THE RULE:

Only one player per team, the captain who has just served the ball, can approach the Central Referee and talk to him. In order to do so the player will have to call and use one Time Out

5

1st VOLUNTARY FOUL: At discretion of the Central Referee, and as long it is announced to all the teams before the beginning of any competition, the 1st Voluntary foul could be penalized with a 5-point penalty and the expulsion for 10 Ball Possessions. In case this rule is used, a second Voluntary Foul will lead to the permanent expulsion from the match and a 30-point penalty given to the team the expelled player belongs to as described above.

-5

-10
BP

PENALTIES RECAP

2-POINT PENALTIES AND POSSIBLE LOSS OF BALL POSSESSION:

Two points will be subtracted to a team's score and the Ball Possession could be possibly lost in the following cases:

1

SUBSTITUTIONS: Teams caught executing substitutions longer than 15 secs or after the referees have raised their flag will be penalized with 2 points subtracted from their total score.

-2

THE RULE:

Players can freely enter the court to substitute another member only between Ball Possessions. The substitutions must be done in order and within 15 seconds from the moment the ball possession has terminated and the ball is "dead" or in any case until any of the referees raises his/her flag to signal their readiness to begin a new ball possession. Consequently, a player may NOT be replaced and allowed to re-enter the match as a substitute during the same ball possession.

2

TEAM TIMEOUTS (TTO): Failing to return on the court within 35 seconds will result in a 2-point penalty for the late team.

-2

THE RULE:

The Referees allow a Team Timeout called by the team's coach only while the ball is dead (Dead Ball is one that is not in play) and therefore in between Ball Possession Attempts. Each team is allowed 2 (two) team timeouts during each game. Team timeouts is 30 seconds in length.

2

THE NEUTRAL LANE INVASION FOUL: If the NL is violated for by one or more players of the same team, the Ball Possession is stopped, the Referees admonish the violating player(s) and team and 2 points are subtracted by the score of the violating team.

-2

THE RULE:

The Neutral Lane cannot be invaded until the Captain has thrown the ball.

ARTICLE 7

UNIFORMS: GENERAL RULES

SECTION 1: PLAYERS' UNIFORMS, COACHES' & REFEREES' APPEARANCE

GENERAL POLICY:

When representing their individual clubs and the FXC Federation, athletes must present an appearance that is appropriate. The term uniform, as used in this policy, applies to every piece of equipment worn by a player, including but not limited to pants, jerseys, wristbands, gloves, socks, shoes, visible undergarments. All visible items worn on game day by players must be issued by the club or the FXC Federation.

Throughout the game-day period while in view of the arena, the television audience and/or the media, including during team pregame warm-ups, all players must dress in a professional manner under the uniform standards.

The Officials Table can prohibit access on the court to every athlete and/or coach who doesn't respect the FXC Federation regulations.

ATHLETES' MANDATORY APPAREL:

All players must wear uniform apparel listed below, which must be designed and produced by a professional manufacturer, and must not be cut, reduced in size, or otherwise altered unless for medical reasons approved in advance by the Commissioner.

Each player shall be numbered on the front and back of his uniform with a number of solid color contrasting with the color of the shirt. Athletes' uniform consists of:

I. A SHIRT:

The long sleeve Shirt must cover torso, upper arms (covering the forearms is optional). Tearaway t-shirts are prohibited. Surnames of players in letters a minimum of 10cm high (4 inches) can be printed to the exterior of the shirt across the upper back above the numerals. All shirts must carry a small FXC Federation logo on the front of the garment. All fabrics must be approved by the FXC Federation prior to production.



ARTICLE 7

II. FXC GLOVES:

FXC gloves are optional. When used they must not be heavily padded gloves.

They must have elongated, seamless cuffs, pads on the palm. The presence of suction cups is allowed. They must be made from a multi-panel synthetic fabric that feels natural.



III. SHORTS:

Shorts must be worn above the knee area. They have to be designed for protection and lightweight mobility, and they must incorporate innovative foam technology to protect during dives or slides without hindering movements. They might have 2 mm of PU foam for extreme protection from impact and abrasion. No part of the pants may be cut away unless an appropriate gusset or other device is used to replace the removed material.



All pants must carry a small FXC Federation logo on the front belt area.

iv. Socks:

Socks must cover the tibia and allow the placement of a shinbone protective pad. They must be made with sweat-wicking stretch fabric and strategic cushioning to keep feet comfortable and soften impacts, and have reinforced heel and toe.



V. SHOES:

Like basketball and other sports, FXC places significant and explosive forces upon the feet, ankles, and lowers legs of the participants, which their shoes must be able to both absorb and direct. Among the key characteristics of the sport, instant acceleration and deceleration, lateral movement, and jumping ability play a key role. For these reasons, a FXC shoe must be constructed with the combined features of support, cushioning to absorb shock, flexibility, and stability.

That's why every FXC shoe should provide significant stability, ankle support, and cushioning to better protect this player when running and jumping as well as being lightweight, breathable, comfortable to wear, and snug without feeling too tight. The foot should not slide around or threaten to slip out at all.

ARTICLE 7

Until the FXC Federation has carried out specific studies on the type of shoe that can be manufactured for this sport, players will have the freedom to use any type of athletic footwear. Basketball shoes are considered the best to provide enough cushioning and protection.

PATCHES, BANDS AND MEDICAL SUPPORT TOOLS:

The use of patches, bands, wadding and medical support tools due to injuries has to be authorized by the Referees, who reserve the right to decide after having consulted the Officials Table and the official game medic team.

PROTECTIVE GEARS:

The use of forearm-bands, elbow-pads and knee-pads is mandatory in an official match.

Mouth-guard and protections to protect genitals for men and breasts for women is optional.



PROHIBITED APPAREL:

The use of eye glasses is NOT permitted. Soft contact lenses can be used at the athlete's risk. Garments equipped with offensive/dangerous tools that could physically damage the adversary are not permitted (studs, spikes, metal elements, wood or hard plastic).

COACHES AND TRAINERS UNIFORMS:

The team's Doctor and Athletic Trainers can wear a social sweat suit. Coaches must wear suit and tie, with elements (i.e. tie, pin or patch) with the team's logo.

OFFICIALS' UNIFORMS:

The Officials sat at Officials Table must wear an uniform consisting of:

- i. Blue jacket;
- ii. White shirt;
- iii. Official tie with FXC Federation emblem;
- iv. Black pants without cuff;
- v. Dark blue socks;
- vi. Black sneakers.

THE REFEREES' UNIFORMS:

Their uniform consists of:

- i. Official t-shirt with FXC Federation emblem;
- ii. Short black pants;
- iii. Black socks;
- iv. Black sneakers.

ARTICLE 8

THE COMMISSIONER & THE TECHNICAL COMMITTEE

SECTION 1: THE COMMISSIONER AND THE LOCAL COMMISSIONER

THE COMMISSIONER:

Within the FXC Federation the Commissioner is the authority in charge of:

- i. Suggesting the Technical Committee yearly changes of the Federation rules;
- ii. Implementing the Federation rules.

In particular, the Commissioner is the only authority authorized to :

- i. Allow a match to take place in a court whose side and end lines and/or markings don't comply with the federation rules;
 - a. Change the ground rules of a national and/or international match, because of fixed conditions that cannot be changed. In regional and local competitions such changes are made by mutual agreement of the two coaches. If they cannot agree, the referees are the final authority after consulting their crew;
 - b. Approve the type of markings on the ground;
 - c. Order changes in the athletes mandatory uniforms;
 - d. Approves the technical specifications of the balls that must be used in each season;
- ii. Suggests to the Technical Committee and implements the preparatory exercises [approved by the Technical Committee] to be taught to athletes;
- iii. In addition to the game-day penalties specified in this document, the Commissioner may subsequently impose independent disciplinary action on the involved player, up to and including suspension from the team's next succeeding game preseason, regular season, or postseason, whichever is applicable;
- iv. Any offensive, disrespectful, or unsportsmanlike manner including in the postgame, must be noted in the match report and reported to the Commissioner and may result in a discipline action;
- v. If the match must be called due to a state or municipal law, or by darkness if no lights are available, an immediate report shall be made to the Commissioner by the home club, visiting club, and officials. On receipt of all reports, the Commissioner shall make a decision which will be final;
- vi. The Commissioner has the authority to review the circumstances of each emergency and to adjust the following procedures in whatever manner he deems appropriate. If, in the Commissioner's opinion, it is reasonable to project that the resumption of an interrupted match would not change its ultimate result or adversely affect any other inter-team competitive issue, he is empowered to terminate the match;
- vii. Selects the members of the Technical Committee every 4 years.

ARTICLE 8

THE LOCAL COMMISSIONER:

The Federation established in each country must have one Commissioner. The Commissioners in each single countries must comply to the yearly rules of the Yearly US FXC Federation. In particular:

- i. They can propose minor changes that don't conflict with the US Federation rules;
- ii. Come up with their set of preparatory exercises;
- iii. Are responsible to spread the sport in their countries;
- iv. Are invited to participate to the yearly meetings of Commissioners to contribute to the creation of new rules for the sport.

SECTION 2: THE TECHNICAL COMMITTEE

THE TECHNICAL COMMITTEE:

Within the FXC Federation the Technical Committee is the entity in charge of:

- i. Conducting studies on the sport's training dynamics;
- ii. Evaluating the Commissioner's suggestions;
- iii. Providing instructors and coaches with new federal training programs;
- iv. Providing the tests and programs to be used in federal exams for trainers and coaches;
- v. Organizing basic, intermediate and high level training courses;
- vi. Examining the candidates for trainers and coaches.

Each country is allowed to have a regional committee. The Committee is selected every 4 years and is made of by the best trainers with a proven track record in physical activities and other sports.

ARTICLE 9

DEFINITIONS

SECTION 1: OFFICIAL RULING, TECHNICAL TERMS

OFFICIAL RULING:

An Official Ruling (O.R.) is a ruling made by the Commissioner in the interim between the annual rules meeting of the Technical Committee and is official only during the current season unless ratified by the Technical Committee, in which case it becomes integral part of the rules of the sport.

TECHNICAL TERMS:

Technical Terms are such terms that have a fixed and exact meaning throughout the code.

SECTION 2: BALL IN PLAY, DEAD BALL, PASS, LOOSE BALL

BALL IN PLAY:

The Ball is in Play (or "Live") when it is:

- i. In the possession of the Captain from the beginning of the Strategic Phase;
- ii. Passed among Defensive or Offensive Team members;
- iii. Held by the Defensive and Offensive Team players before the time is interrupted;
- iv. Intercepted by a member of the Offensive team before the time is interrupted.

DEAD BALL:

Dead Ball is one that is not in play. The Ball is dead every time the play is stopped by any Referee. This includes the interval during all time outs (including intermission) and from the time the ball becomes dead until it is legally put in play.

PASS:

A Pass is the movement of the ball caused by any player who throws, shoves (shovel pass), or pushes (push pass) the ball. The ball can be passed in all directions depending on the position the Defensive Team Players have on the court.

A Pass becomes a Loose Ball if the ball does not get caught or first:

- i. Touches the ground;
- ii. Strikes a Referee;
- iii. Exits the court and touches the ground.

ARTICLE 9

LOOSE BALL:

A Loose Ball is a live ball that is not in player possession (for example as it is passed).

A loose ball that has not yet struck the ground is "In Flight". A loose ball (either during or after a flight) is considered in possession of a team once and if the passage between players of the Defensive Team or a Switch proved to be successful.

SECTION 3: TOUCHING THE BALL, BALL POSSESSION, POSSESSION OF A LOOSE BALL, HELD BALL

TOUCHING THE BALL:

Touching the Ball refers to any contact. Since in FXC the ball can be passed with any body part, a ball is "touched" when the ball enters in contact with a limb or any other part of the body.

BALL POSSESSION:

A player is in possession of the ball when he/she has the control of the ball with his/her limbs or when he/she passes it to another player.

INTERCEPTION:

An interception is made when a pass, in any direction, is caught by a player of the Offensive Team.

POSSESSION OF LOOSE BALL:

To gain possession of a loose ball, the ball must have been caught, intercepted, or recovered by a player before it touches the ground or exits the playing court. The player must have control of the ball and maintain control of it until he/she has passed it.

If the player intercepts the ball (touches it) but does not control it there is no possession.

HELD BALL:

A Held Ball occurs when the ball is held for longer than two seconds, then time is stopped and the ball becomes dead. This applies also when two players from opposite teams have one or both hands firmly on the ball and the ball is held for longer than two seconds.

ARTICLE 9

DEFINITIONS

SECTION 4: TIME OUTS, MATCH SUSPENSION

TIME OUT:

A Time Out is an interval during which the Game Clock is stopped. During any time out, including an intermission, all playing rules continue in force. During a Time Out the players must leave the court and reach their team's bench area. Representatives of either team are prohibited from entering the court unless they are team attendants or physicians entering to provide for the welfare of a player, and any game-type activities are prohibited on the Court of Play.

SUSPENSION OF PLAY:

The Referees can suspend a match for retrieving an errant ball, re-setting the timing devices, delay-of-game warning, inadvertent whistle, instant replay, a seriously injured player or any other unusual circumstance. During such a suspension, the teams are not permitted to substitute any players and timeout cannot be requested.

OVERTIME:

Overtime is not allowed in FXC.

ARTICLE 10

ACRONYMS

FIREBALL EXTREME CHALLENGE	FXC
PLAY COURT	PF
CAPTAIN	CT
CAPTAIN'S LANE	CL
SHOOTING LINE	SL
NEUTRAL LANE	NLN
NEUTRAL LINE	NL
LATERAL REFEREE	LR
OFFICIALS TABLE	OFT
BALL POSSESSION	BP
BALL POSSESSION ATTEMPT	BP
SWITCH	SWT
TEAM TIME OUT	TTO
INJURY TIME OUTS	ITO
TECHNICAL TIME OUTS	TO
GAME CLOCK OPERATORS	GCOP
DEFENCE TEAM	DT
OFFENCE TEAM	OT
GAME TIME	GT
MATCH TIME	MT
PENALTY	PT
OFFICIAL RULING	OR



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