



**2016-2025
OFFICIAL RULE BOOK**



ENGLISH



PREFACE

This edition of the Official Rules Book of FXC - Fireball Extreme Challenge™ contains all current rules governing the FXC - Fireball Extreme Challenge™ sport that will be in effect until the end of the 2025 FXC season.

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 in all the official matches and competitions at professional and amateur level organized by the International FXC Organization and its affiliates.

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

FIREBALL
EXTREME CHALLENGE

SECTION 1

1 DESCRIPTION AND OBJECTIVE

1.1 DESCRIPTION

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

Created in Europe, FXC was built around values such as 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.



1.2 FXC'S 5 KEY RULES

1. We score by passing the ball - Each pass = 1 point.
2. The ball must be passed every 2 (two) seconds - 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. Players must constantly move on the court - Walking or stopping to rest are forbidden, considered fouls and penalized as such.
4. FXC is a mandatory coed sport - Each team must have at least 3 (three) member of the opposite gender always on the court.
5. No contact is allowed in FXC - With very few exceptions, contact between players is forbidden.

1.3 THE OBJECTIVE

In FXC we win with the higher score in ball passes. Each team's objective is to score as many points as possible. The more times the players are able to pass the ball to their team the higher their score is.



1.4 EXCEPTION TO THE 2 SECONDS RULE: THE AUTO-PASS

The auto-pass is permitted only once every time the players receive the ball. To have an auto-pass, the ball must not be in contact with the player's body.

The auto-pass does not count towards the point count and, when carried out before the expiration of the two seconds, extends of 2 (two) more seconds the player's ball possession.



SECTION 2

2 THE COURT: DIMENSIONS, LANES AND SUPPLEMENTAL NOTES

2.1 THE COURT'S DIMENSIONS
 An official FXC 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.

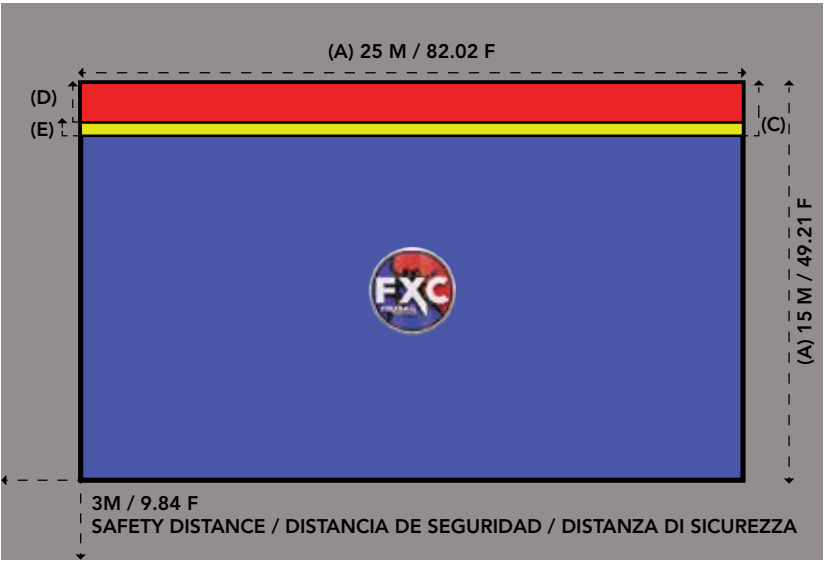
2.2 THE END AND SIDE LINES
 The longer lines at each end of the court are termed End Lines. The ones on the shorter sides are termed Side Lines. Those inside the court are termed Shooting Line and Neutral Line.
 The playing court will be rimmed by 10 cm (4-inch) wide line along the End Lines and Side Lines.

2.3 SURFACE & SAFETY MEASURES
 The court's surface must always be free from bumps and/or roughness.
 The court must always allow 3 meters (9.84 feet) per side as safety measure. For no reason may there be rigid fixtures (billboards, walls, pillars and marketing posters, etc) nearer than 5 meters (16 feet) from the external court perimeter.

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



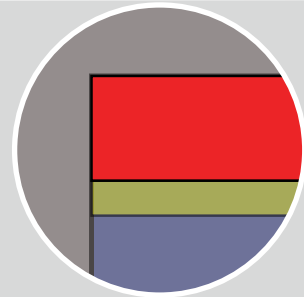
SECTION 2

2.4

THE CAPTAIN'S LANE

The area bound by an end 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 Defending team at the beginning of each Ball Possession (BP).



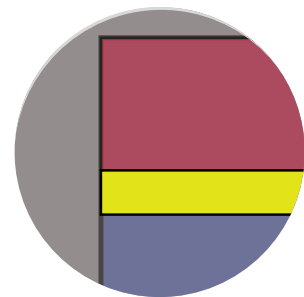
2.5

THE NEUTRAL LANE

The area bound 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 10 cm-wide (4-inch) line. Their color would be preferably black.



2.6

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 (19.68 ft) from each other. Each bench area extends for 2 meters (6.56 ft) in length in front of the bench and is marked with a dotted line (white or yellow) 10 cm-wide (4-inch).



2.7

SUPPLEMENTAL NOTES

All measurements are to be made from the inside edges of the lines 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 authorized by the State Commissioner.

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

SECTION 3

3 THE FXC BALL

3.1 DIMENSIONS

The FXC ball is spherical and must be made either of leather or a synthetic material. It has a 50-52 cm (19.69 - 20.67 in.) of circumference, a weight of 290-330 gr. (9 - 10.2 ou.) and must be authorized by the FXC Federation Commissioner.

Resinating the ball is not allowed.

The Officials' Table shall be the sole judge as to whether all balls offered for the match comply with the FXC 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 match.



3.2 BALL SUPPLY

Each team will make 4 (four) balls available for testing by the Referees one hour prior to the starting time of the match to meet the Federation's requirements.

The home team will also make 4 (four) 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.



SECTION 4

4 TEAMS, NUMBER OF PLAYERS, ROLES, NAMES AND NUMBERING

4.1 NUMBER OF PLAYERS

FXC - Fireball Extreme Challenge™ is played by two teams, consisting of 7 to 20 players from which a maximum of 12 will be allowed to play in each match with 7 athletes on the court and the others on the bench.

Coaches have the ability to choose to have reserve players in the court playing with tenure players at any given time.

Teams must be coed. Each team must have at least three members of the opposite gender always on the court. ALL MALE OR FEMALE TEAM ARE FORBIDDEN.



4.2 MINIMUM NUMBER OF PLAYERS REQUIRED TO PLAY A MATCH

In order to play an official FXC match it is necessary to have a team with at least 7 players on the court.

If at any phase of the match a team finds itself with less than 7 players for 3 (three) 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.

4.3 PARTICIPATION OF TRANSGENDERS, NON-BINARY AND INTERSEX ATHLETES:

From its inception, FXC has aspired to be an inclusive sport, welcoming participants of all body types, ethnicities, religions, sexual orientations, and political views. This commitment is reflected in our deliberate efforts to establish a wholesome and respectful environment, free from prejudice or judgment, where everyone can feel at ease. We extend a special invitation to transgender, intersex, and non-binary athletes to join FXC teams and engage in the sport.

Official competitions—both at the amateur and professional levels—adhere to specific rules:

1. Transgender Athletes:

Transgender men or women athletes are considered according to the reassigned gender:

- i. once gender reassignment is complete and reflected in official I.D.s and documents, or
- ii. once gender reassignment is complete and pending official recognition on proper identification documents.

Transgender individuals still undergoing gender reassignment are considered cisgender, reflecting the gender assigned at birth.

SECTION 4

2. Non-binary or Intersex Athletes:

In teams featuring non-binary or intersex athletes, only one such athlete may be on the court at any given time. However, the substitution of athletes is unrestricted, ensuring that everyone has the opportunity to play.

The on court composition of an FXC team during official competitions will be as follows:
3 men, 3 women, and 1 non-binary or intersex player.

4.4

DEFEAT BY DEFAULT

Should a team lose 2 (two) or more players for accumulated fouls, and/or the suspensions of the benched players last for 3 (three) or more than 3 (three) ball possessions, 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.

4.5

ATTACKING AND DEFENDING ROLES

Teams will be defined as Attacking and Defending according to which one has the ball possession ("Defending") or has to steal it ("Attacking"). When the ball is stolen by the Attacking Team and passed among its players the roles of the teams reverse until the ball possession ends or the ball is conquered again by the original Defending Team.



4.6

AN ATTACKING 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 while 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, the ball possession is stopped);
- iv. Keep a tight guard as long as this does not result in contact with the adversary and the impossibility of the opponent to move.

4.7

PLAYERS' NAMES & NUMBERING

All players must wear numerals and their last names or nick names on their uniforms.

Names and numbers must appear on front and back.



SECTION 5

5 TENURED AND RESERVE PLAYERS, THE CAPTAIN, THE CAPTAINS' LIST, THE COACH & OTHERS

5.1 TENURED PLAYERS

Tenured players are the ones that open the match.

5.2 RESERVE PLAYERS

They are the athletes who sit on the bench at the beginning of the match. Each team can have up to 5 (five) reserves. In order to be able to play, the reserves must be present on the court at the greetings that precedes the beginning of the match.

Tardy athletes will not be permitted to join their team and play. The absence of reserve players does not preclude a team to compete in a FXC match.

5.3 THE CAPTAIN

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

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

The Captains must always and constantly move during the strategic phase. If the captains stop for any reason, a 5-point penalty will be given to their team.



5.4

The Captain is the only player who may ask an official about a rule interpretation during a regular timeout charged to his/her/their team. The Captains cannot 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 match, the next person listed in the team's report will replace him/her/them. A temporary substitution for a few ball possessions or games does not exempt the injured athlete from the captain's duty.



SECTION 5

5.5

THE CAPTAINS' LIST

Fifteen minutes before a match is scheduled to begin, the official representative of each team must deliver 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 all the games of a match. Once communicated, the order cannot be modified.

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



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

5.6

THE COACH AND OTHERS

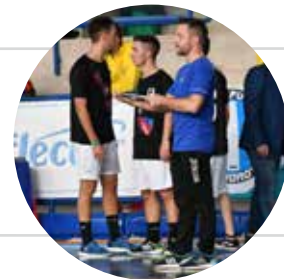
The coaches position may be on or off the bench and they are allowed to walk to the edge of the bench area to relay information to players but can never exit it if they do not want to be called for a non-sportsmanlike technical foul. Once the match has begun, the coaches, the reserve athletes, the assistants 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.

5.7

THE BENCH, THE COACHES AND THE REFEREES

The coaches and any person on the bench trying to talk to any referee or attract the referees' attention will see their team penalized subtracting 5 points from their score.



5.8

FORBIDDEN BEHAVIOR

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 respectful attitude. They can all be suspended or expelled from the match if:

- i. They don't have a sportsmanship attitude;
- ii. They offend the referees, the Officials' Table, 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 use discriminatory or racist comments and/or gestures.

SECTION 5

5.9

A player, coach or assistant coach who is expelled from a match may only remain in his team's dressing room 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 their FXC license.

5.10

THE PLAYER-COACH

A player-coach, is allowed by the FXC Federation but will have no special privileges. They are to conduct themselves in the same manner as any other player.

Player-coaches must have received the coach license from the FXC Federation of the country they are based in.



5.11

"FREE AGENT" ATHLETES

Anyone can form a team and participate to an official FXC competition. The athletes of any team which is not a FXC registered club are considered 'free agents' and therefore can move in between teams at different competitions at their discretion. 'Free agent athletes' are forbidden to play for multiple teams during any phase of the same competition. No exception is allowed.

Once signed by a club they lose their 'free agent' status and belong 'exclusive' of the club they signed with for 1 (one) year.

5.12

CLUBS ATHLETES

The International FXC Federation considers as clubs those sport associations, organizations and/or companies which are officially registered as a FXC club with the International FXC Federation.

Any athlete registered by a FXC club will become exclusive of that club for 1 (one) year and during the duration of this term of 12 (twelve) months will not be allowed to play anywhere else but with the club's teams. Should exclusive athletes get caught violating this rule the club owners can ask their expulsion by the FXC register and consequently ban the players from any FXC competition for 2 (two) years.

A FXC club is able to form as much as 10 (ten) teams at national level and its owners can freely move their players in between teams as they deem necessary.

SECTION 5

5.13 When participating to an official FXC competition at local, national or international level, the clubs owners can register the same players in multiple participating teams they own as long as the following conditions are respected:

- i. The players' annual registration to the FXC Federation is active and their fees paid;
- ii. The players have a different FXC uniform per each team they are going to play with (lending and/or exchanging uniforms between players is forbidden and leads to the exclusion of the player from the competition);
- iii. The club has paid registration fees for the same athletes in each team the athletes are registered to compete. So, for example, if an owner wants one of his players to play on 2 of his teams, the athlete will have to have 2 (two) uniforms and pay 2 (two) competition registration fees, regardless of whether they will end up playing in both or just one.

5.14 'Active clubs' are those who have paid their annual registration fee as determined by the governing body of FXC - Fireball Extreme Challenge™ in each country.

A 'non active' club loses its exclusivity rights toward its players and is not able to use them in multiple teams. 'Non active' clubs have a '30-day Grace Period' to pay their annual fee and see their status being reinstated as 'active' in the FXC database.

5.15 **LOAN OUTS AND EXCHANGE OF 'REGISTERED ATHLETES'**

Clubs can loan-out and/or exchange their athletes for free and/or on the basis of a commercial agreement. Loan-outs and exchanges may not happen more than once per year, per player and must have a duration of a minimum of 6 months and a maximum of 1 year (or until the end of the season if this period is shorter).

Every time athletes are lent and/or exchanged, the club owners must notify within 10 (ten) business days, the International FXC Federation, the International FXC Organization and the Federation of the country where they are registered. A copy of the loan offer from a club and of the loan-out agreement, must be also attached to the notification.

SECTION 6

6 SUBSTITUTIONS, WITHDRAWN PLAYERS, DISQUALIFIED AND SUSPENDED PLAYERS

6.1

SUBSTITUTIONS

Players can enter the court to substitute another player only between ball possessions, and until any of the referees raise his/her/their flag to signal their readiness to begin a new ball possession.

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



6.2

SUBSTITUTIONS: DURATION

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

>15"

-2

6.3

SUBSTITUTIONS: PROHIBITIONS

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

A substitute must be ready to enter the game when called upon. 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.

Coaches are forbidden to substitute expelled athletes in any phase of the match. This means a team with expelled athletes will continue playing - until permitted by the rules - with less players.

6.4

SUBSTITUTED PLAYERS

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



SECTION 6

6.5

DISQUALIFIED PLAYERS

Disqualified players must leave the court enclosure and go to their team's locker room within 2 (two) minutes from their disqualification. Athletes disqualified for more than one match are not allowed to access the court nor sit on their team's bench until the end of their disqualification period.

6.6

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 their suspension has been corrected or the suspension time has gone by.

SECTION 7

7 MATCH STRUCTURE, DURATION AND TIMING

7.1 STRUCTURE OF A MATCH: GAMES AND BALL POSSESSION ATTEMPTS

7.2 MATCH

At the professional level, a FXC match consists of 3 games (5 in the finals) and cannot last more than 90 minutes of official playing time (2 hours in the finals). Once all games have been played or at the end of the official playing time, the team with most 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.

At the amateur level, a FXC match consists of 1 (one) game and lasts maximum of 40 minutes.

5
games
2
hours

7.3 GAMES

At the professional level, a game consists of 10 ball possessions for each team. At the end of the match - assuming it is played within the set playing time duration - each team will have defended the ball in 3 games (5 in the finals), and will have attacked the opposite team for another 3 games (5 in the finals).

At the amateur level, a FXC game is made of 12 Ball Possessions (BP) per team.

1
game
10
BP

7.4 The repetition of a ball possession due to violation of the Neutral Lane or Captain's Lane or due to another foul committed by the attacking team does not count as the new ball possession.

When a ball is stolen it does not change the order and/or the count of the ball possessions within each game.

7.5 BALL POSSESSION ATTEMPT (BPA)

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



SECTION 7

7.6

BALL POSSESSION (BP)

A ball possession starts from the moment the referees blow the whistle and lower their flags. Defending players have to pass the ball and every two seconds to avoid the ball possession to end. The ball possession 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 player is seriously injured;
- v. The referees call out committed fouls.



7.7

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 of the defending team, the pass of the defending team is considered valid and counted.

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

Until the ball possession attempt stops and the ball is declared 'dead' there can be an infinite number of switches.



7.8

SUSPENDED BALL POSSESSION

Assuming no fouls have been committed or called, the referees may suspend a ball possession to allow injured athletes to be helped and/or carried out of the court.

When a suspension occurs the ball possession will be resumed with the player who last had the ball serving as captain. This scenario does not change the count and the teams' order of the ball possessions nor the order of the captains of each team.



SECTION 8

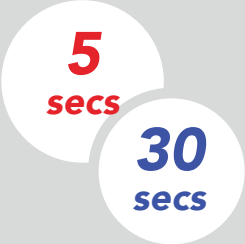
8 OFFICIAL TIME, STRATEGIC PHASE, PASSING TIME AND MATCH TIME

8.1 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 intervals between games, of the strategic phase, of the time outs and of the substitutions' duration.

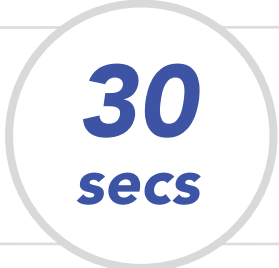
8.2 STRATEGIC PHASE
 The Strategic Phase lasts 5 (five) mandatory seconds during which everyone must start moving but the ball cannot be passed to anyone. Once the 5 seconds have gone by, the captain has 30 seconds to pass the ball.

If the Captain passes the ball before the end of the 5-second Strategic Phase or does not pass it within 30 seconds, the ball possession ends and is registered with zero points. The ball possession will be lost.

During this phase the players cannot invade the Captain's Lane or the Neutral Lane. Actions of disturbance towards the Captain can happen in this phase only outside the Neutral Lane.



8.3 PASSING TIME
 The Captain must pass the ball within 30 (thirty) seconds from the end of the Strategic Phase. If this doesn't happen the ball possession is terminated with a score equal to zero and the next ball possession begins.



8.4 THE WINNER
 The match is won by the team with more points once all of the games have been played or at the end of the time limit established for each format.

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

SECTION 9

9 RESTING TIME, TIMEOUTS, INJURY TIMEOUTS, TECHNICAL TIMEOUTS

9.1 RESTING TIME

At the professional level, athletes are allowed to rest only when they get return to their bench and during the intermission after each game when the teams return to their areas. The resting time in between games lasts 2 (two) minutes each and must be spent by the players of both teams in their bench areas.

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

If a player is seriously injured and/or requires medical assistance, the referees will authorize the entrance of the paramedics to assist and carry the injured athletes out of the court.

9.2 TEAM TIMEOUTS (TTO)

The referees allow a Team Timeout called by the team's coach only while the ball is dead (a dead ball is one that is not in play), and therefore in between ball possession attempts.

Each team is allowed 1 (one) team timeout during each game. Team timeouts last 30 seconds, plus 5 seconds to re-enter the court. Failing to return on the court within 35 seconds will result in a 2-point penalty for the late team.

2
TTOs

30
secs

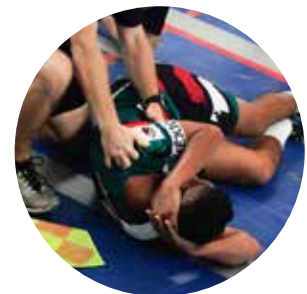
9.3 INJURY TIMEOUTS (ITO)

If the referees determine a player is injured, or if medical attendants need to enter the court to help the injured player(s), an Injury Timeout is called by the Referees. The Injury Time Out lasts the time needed to (i) assess the injured players' conditions and (ii) to remove them from the court.

An Injury Time Out suspends the ball possession which was being played when the injury occurred.

When an Injury Timeout is called all of the players must return to their respective benches.

The injured player must leave the match for at least the completion of the following ball possession. 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/their capability of playing.



SECTION 9

9.4**TECHNICAL TIME OUT**

At their discretion, the Officials' Table may call a Technical Time Out to address technical issues or to summon both team coaches to notify them of disciplinary measures that will be taken if player behavior does not change.

Technical time-outs are also used to 'cool down' tensions that may have arisen on the field.

SECTION 10

10 REFEREES AND OFFICIALS

10.0 PREMISE

In official FXC competitions at the local, national, and international levels, the composition of court and bench referees should be evenly distributed, with 50% men and 50% women. The jury table must always include at least one member of the opposite gender. Additionally, transgender, non-binary, and intersex referees, when available, should be actively included and afforded the same opportunities to officiate a match as referees of any other gender.

The sport of FXC - Fireball Extreme Challenge™ is guided by these fundamental principles:

1

All participants, including players, coaches, and instructors, are required to maintain total control of their bodies and minds.

2

Actions that lack control and may pose a danger to those involved or other players will be deemed as fouls. Such infractions will be addressed promptly and appropriately.

3

A respectful demeanor both on and off the court throughout any FXC match. All forms of disrespectful, discriminatory, racist, offensive, or generally inappropriate behaviors or comments are strictly prohibited.

Every FXC referee is obligated to uphold these principles without exception in any FXC match, irrespective of the match type.

10.1 THE FXC REFEREES

10.1.1

An official FXC match is refereed by four referees: two Center Referees along the end lines and two Side Referees along the side lines, assisted by Bench Referees. The latter are respectively positioned at the external corner of the bench area closest to the center of the court, and their presence is mandatory only in international matches.

Two officials with the function of Score Counters (one per team) and a President sit at the Match Officials' table. None of them can have affiliations of any kind with the players and/or coaches of the two teams. All officials shall be approved by the League Office.

Referees and judges are required to wear the official uniform specified by the Referee Commission during all competitions, seminars, and courses.



SECTION 10

10.2 DUTIES OF THE REFEREES

10.2.1 COURT REFEREES' PRE-MATCH DUTIES

10.2.1.1

Pre-Match Duties: from 60 to 30 minutes before the start:

The Referees must enter the arena no later than 30 minutes before the start of the game to:

- i. Measure the FXC court's compliance with official FXC rules. All measurements must be made from the inside edges of the lines that delimit the playing court, and, in the absence of an FXC playing court provided by the federation, must be marked with adhesive tape or other non-carcinogenic material which is not dangerous for the skin, nor for the eyes;
- ii. Observe the progress of the warm-up phase;
- iii. Verify that a team has at least 7 players ready to take the court, 3 of which belong to the opposite gender and/or the presence of non-binary, intersex and/or transgender athletes;
- iv. Draw up a report describing to the Federation any atypical situations relating to the playing area and/or the composition of the teams;
- v. Verify the correct functioning of the point counters and the FXC digital platform with the Arbitration Table staff;
- vi. Check that each team has brought at least 4 balls each. In the event that the home team's balls do not conform to federal specifications, or its supply of balls is exhausted, the Referees will use the away team's balls and, where again no conforming balls are found, using the best ball available. These circumstances must be communicated to the Commissioner in an official match report;
- vii. Inspect and approve all equipment, including: the playing court, game balls, electronic scoreboards, stopwatches/mobile phones and the application to indicate time and any additional equipment used to measure time;
- viii. Check that players do not have any type of jewelry on their hands, arms, face, nose, ears, head or neck. Necklaces, rings (apart from wedding rings) and earrings are FORBIDDEN and must be removed;
- ix. The use of any foreign substance during matches is strictly prohibited. A "foreign substance" is any substance that is applied during games to a player's body, uniform or equipment, or to any game equipment, that is designed or intended to provide a player or a team with a competitive advantage;
- x. Verify that athletes do not wear articles made of rigid substances (casts, splints and braces);
- xi. Check the correct inflation of the balls;



SECTION 10

10.2.1.1

- xii. In FXC competitions, athletes are allowed to use fixed orthodontic appliances and soft contact lenses, provided that the responsibility for their use lies directly with the athletes themselves (if adults) or their club managers (if minors);
- xiii. Verify that athletes are wearing official FXC uniforms and that none of them have made any alterations of any kind. Pulling up and/or rolling up the sleeves of your blouse and/or shorts is FORBIDDEN;
- xiv. Check that all players have their numbers on their uniforms. The numbers must be visible on the front and back of the same;
- xv. Remind the Official Representative of each team to present to the Referee Table the form containing the names of the starting athletes and the order in which each of them will have to play the role of captain in the match;
- xvi. The Referees may dismiss any Athlete or Coach who does not comply with these Regulations.



10.2.1.2

Pre-Match Duties: 15 minutes prior to the start:

Referees are required to:

- i. Retrieve the "Captains List" from the coaches of both teams or their assistants;
- ii. Convene the coaches of the two teams for the pre-match briefing. Referees must always include the both coaches in discussions about rules or game situations before or during a match;
- iii. Reinforce the prohibition on coaches and bench staff leaving the designated bench area during any phase of the match;
- iv. Inquire whether coaches have a clear understanding of the rules or if they harbor any doubts about rule interpretation;
- v. Emphasize that any official challenge requests must be submitted at the referee's table and only when the ball is out of play;
- vi. Remind coaches and bench staff that all personnel must exhibit sportsmanlike conduct and may face expulsion from the match if they:
 1. Engage in unsportsmanlike behavior;
 2. Offend players (either their own or opponents), coaches, or others;
 3. Incite violence or adopt an anti-sports attitude.



Note: In the case of matches within a tournament featuring direct elimination or a double elimination system, the briefing with coaches and/or official representatives of each team should occur at least half an hour before the opening ceremony of the event (on the first day) and must involve all participating teams.

SECTION 10

10.2.1.3

Pre-Match Duties: From 5 to 2 minutes before the start:

Referees are required to:

- i. Gather the teams for the initial greeting;
- ii. Optionally, provide any final pre-match recommendations.
- iii. Contact the coaches of both teams and conduct a coin toss to determine the team with the initial possession of the ball. In the event of an official tournament featuring a single elimination or a double elimination system, a coin toss becomes unnecessary, and the first round of ball possession will be awarded to the team nominated first. For instance, if the game is "Whites vs Blacks", the Whites will have the first possession of the ball.



10.2.2

COURT REFEREES' MATCH DUTIES

10.2.2.1

During a match the Court Referees move along the side lines and the end lines and they:

- i. Announce beginning, suspension and end of the ball possessions, games and match;
- ii. Regulate each phase of the match;
- iii. Call the 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 or penalties;
- 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 ball possession and they call for their violations;
- viii. Verify that the ball is held for no longer than 2 seconds.



10.2.3

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 intermissions among games.



SECTION 10

10.2.4

BENCH REFEREES' DUTIES

The two Bench Referees assist the Court Referees carrying out the following tasks:

- i. Verifying that the bench occupants behave properly;
- ii. Calling for violations of the time out's and Substitution's allotted times;
- iii. Calling for any foul committed by the bench's occupants;
- iv. Calling for the re-entrance of suspended players once they've paid their penalties;
- v. Timing the time outs and the players' substitutions.



10.2.5

OFFICIALS' TABLE DUTIES

The Officials' Table is responsible for maintaining a log containing the names, numbers, and positions of the starting players, as well as any substitutes entering the court. This record must include the timestamp of player disqualifications due to accumulating fouls, facilitating a clear understanding of the sequence in which players become eligible to rejoin the match. In more details, the Officials Table Duties are:

- i. Supervising the referees' work;
- ii. Receiving the lists of athletes who will be playing as Captain in the all the games of the match Count the number of passes made by each team;
- iii. Keeping track of each team's score;
- iv. Noting fouls;
- v. Giving penalties to the teams;
- vi. Handling and administrating admonitions/suspensions/expulsions of players and coaches;
- vii. Keeping count of substitutions;
- viii. Keeping count of possible complaints, disputes and resolutions;
- ix. Keeping record of the voluntary and involuntary fouls called on each player and coach;
- x. Immediately notifying the referees when a voluntary foul is called on any player;
- xi. Keeping track of the timeouts made to each team.



10.2.5.1

OFFICIALS' TABLE'S VERDICT

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

SECTION 10

- 10.2.5.1** The verdict from the Officials' Table must be explained, expressed as a majority verdict and is unappealable. In case of abstention of one of the three members, the Table's President's vote is counted as double.

10.3 REPLAYS AND COACHES CHALLENGE

10.3.1 OVERVIEW

Replay is permissible solely within the context of official FXC competitions at the national and international levels, adhering to the professional format. The head coach has the authority to initiate an instant replay review for specific events, in accordance with the stipulations outlined in this rule. Any instant replay review activated under this rule is termed a "Challenge."

A team can employ a Challenge to initiate an instant replay review exclusively for the following three events:

- i. A called voluntary or involuntary foul charged to its own team;
- ii. A called out-of-bounds violation;
- iii. A violation of the Neutral and/or Captain's Lane.

Any called foul, violation, or decision by the match officials not mentioned in this section, or any non-call, is not deemed a challengeable event.

10.3.2 PROCEDURE TO INITIATE THE CHALLENGE:

To commence a Challenge, the team initiating the challenge must follow the subsequent steps in order:

- i. The challenging team must promptly call a timeout immediately after the questioned call (unless a timeout for injury, a technical timeout, or a timeout called by the opposing team is already in progress);
- ii. The head coach of the challenging team must signal for a Challenge by employing the instant replay signal—creating the image of a screen with the two indexes—toward the Central Referee. In the case where the timeout was called by a player on the challenging team, the challenging team's head coach must signal for the Challenge using the instant replay signal toward the Central Referee;
- iii. During the same interaction with the Central Referee in which the challenging team's head coach signaled for the Challenge, the head coach must inform the Central Referee of the specific event that the team is challenging.

For the sole application of this rule, "immediately" is defined as the calling of a timeout before the commencement of a new Ball Possession.

In the event of a timeout called by the opposing team, within a maximum of 10 seconds from the commencement of the timeout (as indicated by the timeout clock), the head coach of the challenging team is required to follow these steps sequentially:

SECTION 10

10.3.2

- i. Indicate the intent to Challenge by employing the instant replay signal directed at the Central Referee;
- ii. During the same exchange with the Central Referee in which the head coach signaled for the Challenge, the head coach must specify to the Central Referee the exact event that the team is challenging.

The chance for a team to issue a challenge is nullified if the head coach or any player from the challenging team calls for a replay before calling a timeout, or if both actions occur simultaneously.

Upon a valid Challenge triggering an instant replay review, the Central Referee is responsible for informing the President of the Officials' Table about the Challenge and its resolution. The President is required to promptly document the Challenge. After the completion of the instant replay review process, the President records the Challenge's outcome, indicating whether the Challenge resulted in the challenging team losing one timeout.



10.3.3

CHALLENGE OUTCOMES:

If the Challenge is unsuccessful, the Challenging team will receive a penalty of 2 points, and its timeout will be deemed utilized. Conversely, if the Challenge is successful, the decision of the Referees will be overturned, and the Challenging team's timeout, used to initiate the Replay, will not be tallied.

***NOTE:** In the context of this article, the criteria taken into account for assessing the proximity of a prior uncalled foul to the reviewed called foul encompass (1) whether the players implicated in the uncalled foul are identical or distinct from those involved in the scrutinized called foul, (2) the spatial separation between the uncalled foul and the called foul under review, and (3) the duration between the occurrence of the uncalled foul and the called foul under review.*

10.4

COMMUNICATION AMONG REFEREES

10.4.1

HEADSET OPTION AVAILABLE:

When the Headset Option is available, court referees must minimize communication during the match. They can discreetly draw the Officials' Table's attention to specific player behaviors without interrupting the action, but such communication should be brief to prevent voice or noise overlap. Bench referees can immediately communicate observed infractions or violations to the Officials' Table in real time. Gesture-based communication must still be used.

10.4.2

HEADSET OPTION UNAVAILABLE:

In the absence of the Headset Option, referees must rely on verbal and Gesture-based communication.

SECTION 10

10.4.3

FXC REFEREES' GESTURE-BASED COMMUNICATION:

Court referees are required to move in an orderly and synchronized manner with one another. Their hand and flag movements should be decisive and fluid. Referees are expected to execute the essential gestures during a match using a flag (in all official matches) or simply with their arms (in amateur matches). The described movements are as follows:

Beginning and Termination of Ball Possession: At the beginning of a BP and when the ball makes contact with the ground or exits the field of play, the referee raises the flag (or extends the arm if no flag is available) at "0 degrees," positioned high with the arm fully extended upwards.



Termination of Ball Possession due to "Held Ball": If the ball is held for more than 2 seconds, the referee raises the flag (or extends the arm if no flag is available) at "0 degrees," positioned high with the arm fully extended upwards, and rotates the flag in small circles in the air.



Invasion of the Neutral Lane and the Captain's Lane: Invasions of the Neutral Lane and the Captain's Lane are indicated by placing the flag (or arm if no flag is available) at a 45-degree angle, pointing towards the violated lane.



Substitution of Players in Progress: To signal one or more player substitutions by a team, referees hold the flag horizontally high in front of their faces with both hands. In the absence of a flag, the arms are raised at "0" degrees and held in a crossed position.



Request for Consultation with Other Referees: In the absence of a standard headset system, if one of the court referees wishes to communicate with the other referees, they should, with the ball dead, extend their arms at a 90-degree angle in front of themselves and then bring their hand straight in front of their face. This gesture should be accompanied by a brief whistle to attract the attention of the other referees. Once the request is acknowledged, the other court referees will move in a straight line, converging in the center of the field for discussion. The return to their respective positions, at the center of each external line of the field, should be accomplished by walking in a straight line.



Request for Ball Change: A referee can request a change of the ball at the judging table upon team request or when noticing a deflated or excessively sweaty ball.



SECTION 10

10.4.3 *NOTE: Calling the conclusion of Ball Possession and subsequently signaling the reason, such as a foul or a held ball, is permissible. However, in such instances, the two gestures must occur in close proximity to each other.*

10.4.4 **REFEREE WHISTLES:**
The commencement of a match is at the discretion of the referee and is signaled with two brief whistles.

Whenever the TPP is halted (irrespective of the cause), the referee responsible for the interruption blows the whistle once for an extended duration.

The conclusion of a match is marked by three consecutive whistles.

10.5 JUDICIAL DISCRETION & THE ADVANTAGE RULE

10.5.1 Referee discretion and the Advantage Rule are implemented to preserve the dynamic, clean, and continuous nature of the Fireball Extreme Challenge. Therefore, if referees observe infractions or unintentional fouls committed by the defensive team during an action, they may choose not to halt the game. In such instances, they have the authority to penalize these infractions at the conclusion of the Ball Possession or to opt for non-intervention.

10.6 DIFFERENT DECISIONS BY OFFICIALS

10.6.1 Among the four court referees, the Central referee stationed at the end line of the Officials' Table holds the authority on decisions related to actions on the court and regarding a rule interpretation made by either of the other referees. In the event of a disagreement among all Court Referees though, the Central referee will defer to the President of the Officials' Table, whose decision is final and cannot be appealed.

10.7 TIME AND PLACE FOR DECISIONS

The Court Referees possess the authority to adjudicate rule violations occurring within or beyond the boundary lines, even during intervals when the match is halted for any cause. Upon the occurrence of a voluntary or involuntary foul or violation, the referees will use their whistles to cease play, simultaneously signaling the foul by positioning their flags at a 90-degree angle. The whistle serves as the cue for the Officials' Table to halt the match.

SECTION 10

10.7.1

Subsequently, the Central Referee communicates the offender's number and the nature of the foul to the Officials' Table, which records the foul, prescribes the penalty, and determines whether ball possession is to be repeated or lost.

If a whistle is sounded in error, it is considered an inadvertent whistle and is treated as a suspension of play. In such instances, the Referees must identify the last player in possession of the ball. The resumption of the suspended Ball Possession will then involve that player serving as the Captain. This process does not affect the count or order of ball possessions.

SECTION 11

11 FOULS

11.1

TYPES OF FOULS IN FXC

In general terms, a foul in FXC is the “illegal physical contact which occurs with an opponent after the ball has become live and before the referees blow the whistle to end the ball possession, the game or the match”.

FXC disciplines two types of fouls: Voluntary and Involuntary Fouls.



11.2

GENERAL PRINCIPLE

If the ball possession is stopped before an involuntary foul is committed, then the foul will be disregarded. All voluntary fouls on the other hand, will be punished even if committed when the ball is dead.

11.3

INVOLUNTARY FOULS

The following fouls are considered Involuntary Fouls:

- i. Pushing a player;
- ii. Placing hands and/or arms in front of the face of an adversary in the attempt to steal the ball;
- iii. Immobilizing one player by:
 - a. Grabbing them by the T-shirt or the shorts with one or two hands;
 - b. Executing any type of waist lock, armlock or leg-lock;
 - c. Stepping on a 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. Moving players from the position they occupy.



11.4

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 ball possession should not be stopped and the foul is administered as soon as the ball becomes dead.

11.5

VOLUNTARY FOULS

Voluntary Fouls in FXC are heavily sanctioned. There are two types:

- i. 1ST Degree;
- ii. 2ND Degree.

SECTION 11

11.6

1ST DEGREE VOLUNTARY FOULS

A 1ST Degree Voluntary Foul may include:

- ◇ Trying to cause serious damage or injury to another player;
- ◇ Hitting with any parts of the body, even by mistake, the face, throat, and the spine of another player.
- ◇ Grabbing a player from behind with an armlock to the neck
- ◇ Showing aggressive, violent, or disrespectful behavior.



11.7

1ST DEGREE VOLUNTARY FOULS: SIMULATION

Faking an injury to stop a ball possession or gaining time is considered a 1st Degree Voluntary Foul and will be punished accordingly.

11.8

2ND DEGREE VOLUNTARY FOULS

Any violent act or behavior, threats, provocations, sexist, racial, discriminatory comments, incitement to violence is considered a 2ND Degree Voluntary Foul and will lead to the immediate expulsion of the person who committed it and the penalization of 30 points from their team's score.

These behaviors include but are not limited to:

- ◇ Hitting another player violently with fists, and/or kicks, and/or head, and/or knee blows and/or nudges;
- ◇ Throwing yourself on the adversary to stop or immobilize them;
- ◇ Continuous anti-sportsmanlike behavior during the match;
- ◇ Starting a fight or getting engaged in a fight on the court;
- ◇ Any verbal or behavioral provocation addressed to other people on and/or off the court;
- ◇ Offending the public, the referees, the players and coaches (regardless of whether addressed to the offender's own team or the opponents') verbally or with explicit vulgar gestures.

11.09

DOUBLE FOUL

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

11.10

EXCEPTION TO THE RULE: PERMITTED CONTACT

Contact between players in FXC is forbidden.

The only exception accepted is hitting the forearms of another player. This action is permitted only if:

- i. It is part of a controlled action to steal the ball;
- ii. The hit player has the possession of the ball;



SECTION 11

11.10

- iii. The forearms are hit with the palm of an open hand;
- iv. The ball is held at chest level.

11.11

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 Neutral Lane is considered 'invaded' when players enter it with their feet.

The Neutral Line is considered part of the Neutral Lane.



11.12

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 Captain's 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.



SECTION 12

12 PENALTIES

12.1

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 suspends the ball possession.

The types of penalties are:



12.2

1ST INVOLUNTARY FOUL: WARNING

Referees will warn players when:

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



12.3

2ND INVOLUNTARY FOUL: EXPULSION FROM 1 BP

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



12.4

3RD INVOLUNTARY FOUL: EXPULSION FROM 2 BPS

When a player commits a third involuntary foul during the match, the referees will expel him/her/them from the game for 2 (two) ball possessions. Expelled athletes must go back to their bench and cannot be replaced.



12.5

4TH INVOLUNTARY FOUL: EXPULSION FROM 10 BPS

A player who commits a four involuntary foul, is considered a "repeat offender" and will be sanctioned with the expulsion from the match for 10 (ten) ball possessions. Expelled athletes must go back to their bench and cannot be replaced.



SECTION 12

12.6

EXPULSIONS FROM THE MATCH

A referee can expel players from the match when they commit a 5th involuntary foul or a 2ND Degree Voluntary Foul.

12.7

All expulsions from the match translate to an additional penalty of 30 points being subtracted from the total score of the expelled player's team. In the event of expulsion from the match, additional disciplinary measures can be adopted, such as the exclusion from multiple matches to sanction the player's behavior.

12.8

1ST DEGREE VOLUNTARY FOULS

1ST Degree Voluntary Fouls result in benching the athletes who have committed them for 10 (ten) ball possessions and subtracting 5 (five) points from their team's score.

Benched athletes cannot be substituted and they will lose their right to serve as captain if their ball possession happens while they are being benched.

12.9

CAPTAIN'S LANE INVASION FOUL

The following penalties are conferred to the violators:

- i. If during a game the captain's lane is violated by a defending team player, the ball possession is stopped, the referees admonish the violating player(s), and 5 (five) points are subtracted from their score. The ball possession is lost.
- ii. If during a game the captain's lane is violated by an attacking team player, the ball possession is stopped, the referees warn the violating player and 10 (ten) points per violation are subtracted from their score. The ball possession is repeated.

12.10

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. If the neutral lane is violated by one or more players, the ball possession is stopped, the referees warn the violating player(s) and 2 (two) points per violating player are subtracted from the score of the violating team.

If the violation is carried out by attacking players the ball possession is repeated, if carried out by defending players the ball possession is lost.

SECTION 13

12.11

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 immediately disqualified. A 30 (thirty) point- penalty will be applied to their score and 100 (one hundred) points will be added to their opponent's score.

-30**+100**

12.12

LOSS OF BALL POSSESSION(S) FOR THE PLAYERS EXPELLED OR BENCHED

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/their turn as captain coincides with the ball possession he/she/they must sit it out and those ball possessions will be considered lost.

12.13

REFEREES' DISCRETIONALITY

When the severity of a foul committed is considered less than a 1st Degree Voluntary Foul but more than an Involuntary Foul, the President of the Officials' Table can decide to sanction the player who's committed the foul with 2nd or 3rd degree involuntary fouls and consequently bench the player for 1 or 2 ball possession attempts.

SECTION 13

13 PENALTIES RECAP

13.1 **DISQUALIFICATION, 100 POINTS**

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 immediate disqualification, a 30 (thirty) point-penalty and 100 (one hundred) points added to the other team's score.

-30

+100

13.2 **DISQUALIFICATION FOR LACK OF PLAYERS DUE TO FOULS, SCORE ZEROED + 50 POINTS TO WINNING TEAM**

Should a team lose more than 2 (two) players for accumulated fouls and the suspensions from the match of the benched players are for more than 3 ball possessions, the Official's table will end the match declaring the team with 5 (five) players defeated by default.

0
score

+50

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

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

13.3.1

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 that player's team and a 30-point penalty.

-30

13.3.2

2ND DEGREE VOLUNTARY FOULS Anyone who commits a 2nd degree voluntary foul will be immediately expelled from the match and 30 (thirty) points will be subtracted from the score of team the expelled player belongs to.

E

-30

SECTION 15

THE RULE

It is strictly forbidden to strike a player with punches, kicks and/or any martial arts or fighting discipline technique. Pushing, placing an elbow in front of another player's face or chest to push them off of balance, reactionary fouls, faking injuries, are considered Voluntary fouls. A referee can use discretion to warn the players the first time if they have doubt of the player's willingness to commit it. If a voluntary foul is repeated by the same player the referee MUST proceed with the expulsion.

13.4 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:

13.4.1

CAPTAIN'S LANE INVASION FOUL If during a match the Captain's Lane is violated by an attacking team player, the ball possession is stopped, the referees warn the violating player(s) and 10 (ten) points per violating player are subtracted from the violating players' team's score. The ball possession is repeated.

-10

THE RULE

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

13.5 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:

13.5.1

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

-5

13.5.2

CAPTAIN'S LANE INVASION FOUL If during a match the Captain's Lane is violated by a defending team player, the ball possession is stopped, the referees warn the violating player, and 5 (five) points are subtracted from their team's score. The ball possession is not repeated.

-5

THE RULE

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

SECTION 13

13.5.3

PEOPLE LEAVING THE BENCH AREA 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 begun, the teams are not permitted to leave the bench area until the match is over.

13.5.4

TALKING TO THE REFEREES Any time the coaches or any person on the bench, tries to talk to or addresses any Court Referee, a 5-point penalty will be issued to violating team. The only exception is to indicate one of their players has been injured or there is another medical emergency.

-5

THE RULE

Only the captain who has just served the ball, can approach the central referee to talk. In order to do so the player will have to call and use one time out.

13.5.5

1st DEGREE VOLUNTARY FOUL The 1st Degree Voluntary Foul is punished with a 5-point penalty and the expulsion for 10 (ten) ball possessions.

A second 1st Degree Voluntary Foul will be considered like a 2nd Degree Voluntary Foul and 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

13.6

2-POINT PENALTIES AND POSSIBLE LOSS OF BALL POSSESSION

Two points will be subtracted from a team's score and the ball possession could be possibly lost in the following cases:

13.6.1

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

-2

SECTION 13

THE RULE

Players can freely enter the court to substitute other players only between ball possessions. The substitutions must be done within 15 seconds from the moment the ball possession has terminated and until any of the referees raises his/her/their flag to signal their readiness to begin a new ball possession.

A player may NOT be replaced and re-enter the match during the same ball possession.

13.6.2

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 and therefore in between ball possession attempts.
Each team is allowed 1 (one) team timeout per game.
Team timeouts are 30 seconds in length.*

13.6.3

THE NEUTRAL LANE INVASION FOUL If the neutral lane is violated by one or more players, the ball possession is stopped, the referees admonish the violating player(s) and 2 (two) points per violating player are subtracted by the score of the violating team.

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THE RULE

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

SECTION 14

14 UNIFORMS: GENERAL RULES

14.1 PLAYERS' UNIFORMS, COACHES' & REFEREES' APPEARANCE

14.1.1 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.

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

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

14.2 ATHLETES' MANDATORY APPAREL

At the amateur level, the uniform include: a short sleeve T-Shirt with the FXC logo in the center and the player's number in the front and on the back. Shorts (preferably black), socks and sneakers. All athletes belonging to a team must wear identical uniforms. Every infraction will be penalized according to the FXC rules.

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

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

14.2.1 A SHIRT

The long sleeve shirt must cover the players' torso, and upper arms. Tearaway t-shirts are prohibited. Players' surnames must be printed in letters a maximum of 10cm high (4 inches) 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.



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14.2.2

FXC GLOVES

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

They must have elongated, seamless cuffs.

They must be made from a multi-panel synthetic fabric that feels natural.



14.2.3

SHORTS

Shorts must be worn above the knee area. They have to be designed for lightweight mobility, and they must incorporate innovative foam technology to protect during falls 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 or altered.



14.2.4

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

14.2.5

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.



14.2.6

SHOES

Like basketball and other sports, FXC places significant and explosive forces upon the feet, ankles, and lower 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 movements, 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 the players 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.

SECTION 14

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 currently considered the best to provide enough cushioning and protection.

14.3 PATCHES, BANDS AND MEDICAL SUPPORT TOOLS
The use of patches, bands, and medical support tools due to injuries, must be authorized by the Referees, who reserve the right to decide after having consulted the Officials' Table and the official game medic team.

14.4 PROTECTIVE GEARS
The use of forearm-bands, elbow-pads and knee-pads is mandatory in official professional matches only.

A soft helmet similar to the one used in Rugby is mandatory at amateur level.

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



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

14.6 COACHES AND TRAINERS UNIFORMS
The team's Doctor and Athletic Trainers can wear a club sweat suit. Coaches must wear a suit and tie, with elements with the team's logo.

14.6.1 APPAREL PERMITTED
The Officials who sit at Officials' Table can wear an uniform consisting of:

- i. Blue jacket;
- ii. White shirt;
- iii. Official tie with FXC Federation emblem;
- iv. Black pants;
- v. Dark blue socks;
- vi. Black sneakers.

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14.6.2

THE REFEREES' UNIFORMS

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

SECTION 15

15 THE COMMISSIONERS & THE TECHNICAL COMMITTEE

15.1 THE INTERNATIONAL COMMISSIONER AND THE LOCAL COMMISSIONER

15.1.1 THE INTERNATIONAL COMMISSIONER

Within the FXC Federation, the International 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 International Commissioner is the only authority authorized to :

- i. Allow a match to take place on 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 ;
 - 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. Suggest to the Technical Committee the preparatory exercises [to be 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 behavior including in the postgame must be noted in the match report and reported to the Commissioner and may result in a disciplinary action;
- v. Select the members of the Technical Committee every 2 (two) years.

15.1.2 THE LOCAL COMMISSIONER

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

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

SECTION 15

15.2 THE TECHNICAL COMMITTEE

15.2.1 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.

SECTION 16

16 DEFINITIONS

16.1 OFFICIAL RULING, TECHNICAL TERMS

16.1.1 OFFICIAL RULING

An Official Ruling (O.R.) is a ruling made by the Commissioner in the interim between the annual rules meetings 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.

16.1.2 TECHNICAL TERMS

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

16.2 BALL IN PLAY, DEAD BALL, PASS, LOOSE BALL

16.2.1 BALL IN PLAY

The Ball is in Play when it is:

- i. In the possession of the Captain from the beginning of the Strategic Phase;
- ii. Passed among defending or attacking team members;
- iii. Held by the defending and attacking team players until the 2-secs time limit is enforced;
- iv. Intercepted by a member of the attacking team.

16.2.2 THE 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 defending team players have on the court.

16.2.3 LIVE BALL

The ball comes "LIVE" at the beginning of countdown of the Strategic phase and the first pass is considered done once the ball passes the Shooting Line and is properly received.

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16.2.4

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 is considered in possession of a team only if the pass between players of the defending team or a switch of ball possession took place.

16.3

TOUCHING THE BALL, BALL POSSESSION, INTERCEPTION, HELD BALL

16.3.1

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 comes in contact with a limb or any other part of the body.

16.3.2

BALL POSSESSION

Players are in possession of the ball when they have the control of the ball with their limbs or hands and when they pass it to another player.

16.3.3

INTERCEPTION

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

16.3.4

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 court. The player must have control of the ball and maintain control of it until he/she/they has passed it.

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

16.3.5

HELD BALL

A Held Ball occurs when the ball is held for longer than two seconds, then ball possession 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.

SECTION 16

16.4 TIME OUTS, MATCH SUSPENSION

16.4.1 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. Members 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.

16.4.2 MATCH SUSPENSION

The Referees can suspend a match for: retrieving an errant ball, sorting out technical problems, 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 a timeout cannot be requested.



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OFFICIAL RULE BOOK**



ENGLISH