



YOUTH TEQBALL RULES

The following age categories have been established for youth, senior, and veteran competitions, as are set out in the FITEQ Policy for Age Categories and Minimum Age Requirements:

- 📍 12-16 (U16)
- 📍 15-18 (U18)
- 📍 16+ (Senior)
- 📍 45+ (Veteran)

Although FITEQ does not sanction competitions in the preliminary (U12) age group, it is essential to create appropriate rules that considers the following factors:

- 📍 Safety measures
- 📍 Biological and physiological attributes of young players
- 📍 Alignment to the Official Rules and Regulations of Teqball
- 📍 Enjoyment of the sport

The rules for the U12 age group can be found in the table below, and should be implemented by National Federations and clubs. For the U16, U18, Senior and Veteran categories, the Official Rules and Regulations of Teqball apply.

	U12		U16
Match length	Best-of-three sets		Official Rules and Regulations of Teqball are applied
Set length	12 points		
Change of service	After every 4 points		
Service line	1m from the table*		
Ball pressure	0.25-0.4 bar (as in senior beach rules) <i>(safety reasons related to heading)*</i>		
Table touch	Allowed, but only with the palm of the hand <i>(safety reasons)*</i>		
Double touch	Allowed*		
Repeated return	Allowed*		
Bounces on the table	Ball can bounce twice*		
	In cases of 3 or more bounces, the rally is repeated <i>(safety reasons related to players being unable to defend against harvesters)*</i>		
Other changes	Singles: The ball can bounce once on the ground, but only after the player has touched the ball.*	Doubles: The ball can bounce once on the ground, but only after one player has touched the ball.*	

* represents divergence from the Official Rules and Regulations of Teqball.