

Refs Cheat Sheet			Retraction	Penalty
Player outside of box when throwing			√	√
Ramp assistant/equipment out of box			√	√
Player does not reset the ramp			√	√
Ramp assistant turns into court				√
Ramp overhanging front line			√	√
Ball stops/assistant stop ball in ramp			√	
Ball thrown before refs instruction			√	
Timings	Warm up 2 mins	Time Out 2 mins	Throwers 5 mins	Rampers 6 mins