



TEXAS CAPITAL THROWBALL CLUB (TCTC)



OFFICIAL THROWBALL RULES

Rules Authority

TCTC Throwball Rules are based on the **International Throwball Federation (ITF)** Official Rules. Court width may vary between **30 × 60 ft – 36 ft × 60 ft** based on facility constraints

Note: The dead zone area shall vary based on the playable court dimensions. For a court measuring 36 × 60 ft, the dead zone shall be 4.5ft

These rules apply to **women of all age groups** in community, recreational, competitive, and referee-certified events.

SECTION 1: FACILITIES AND EQUIPMENT

1.1 Playing Area

The playing area includes the playing court and the dead zone. The court shall be rectangular and symmetrical.

1.2 Court Dimensions

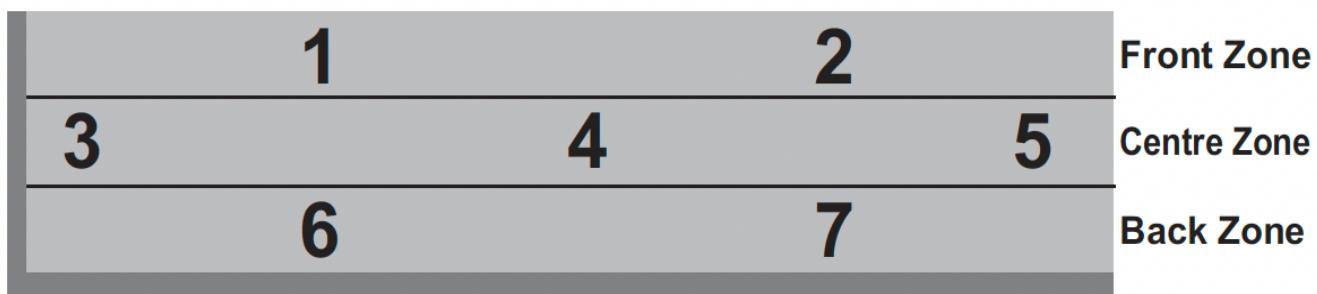
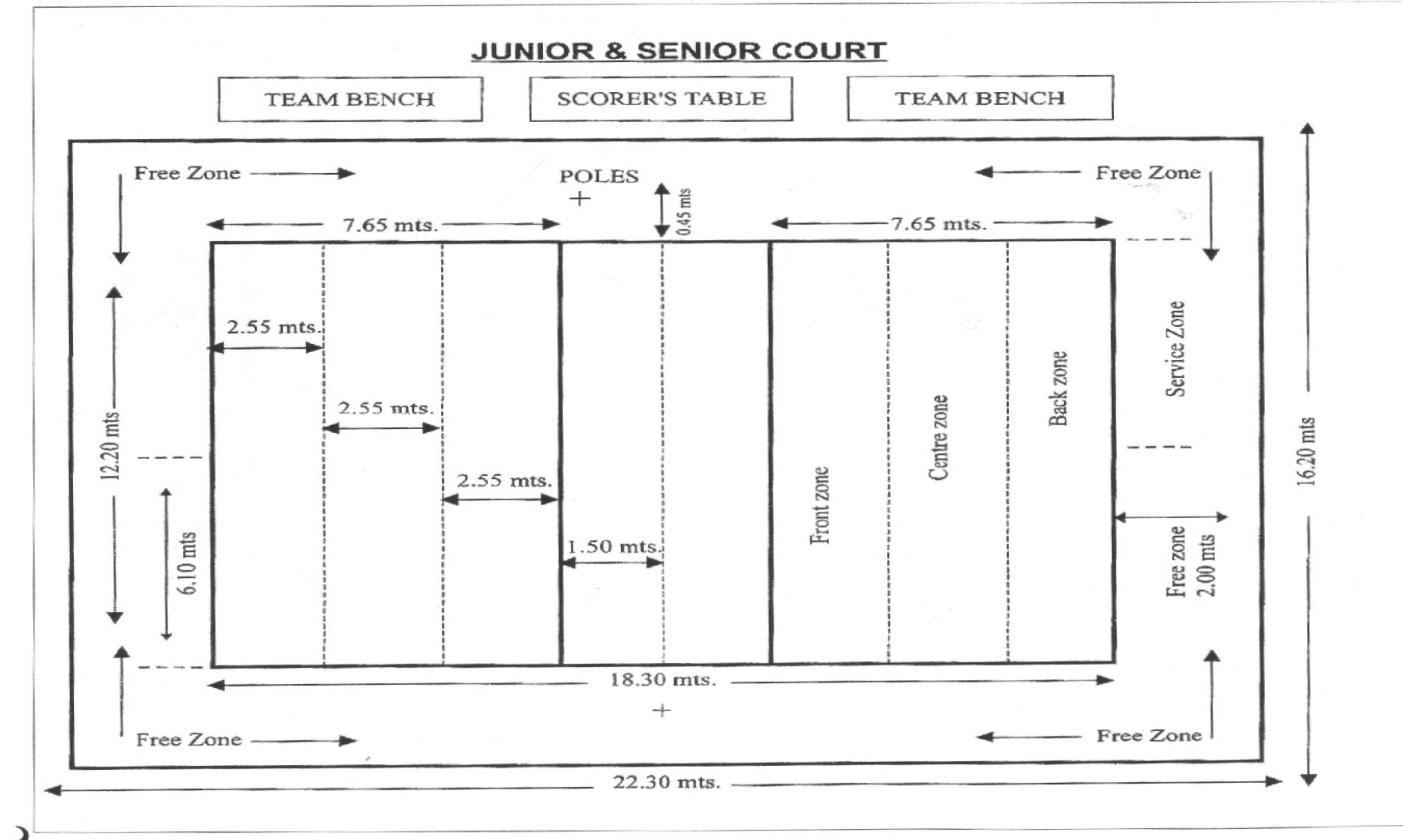
- Court size: **36 ft × 60 ft**
- Dead zone: **4.5 ft** on either side of the net line
- Court width may vary between **30 × 60 ft – 36 ft × 60 ft** based on facility constraints

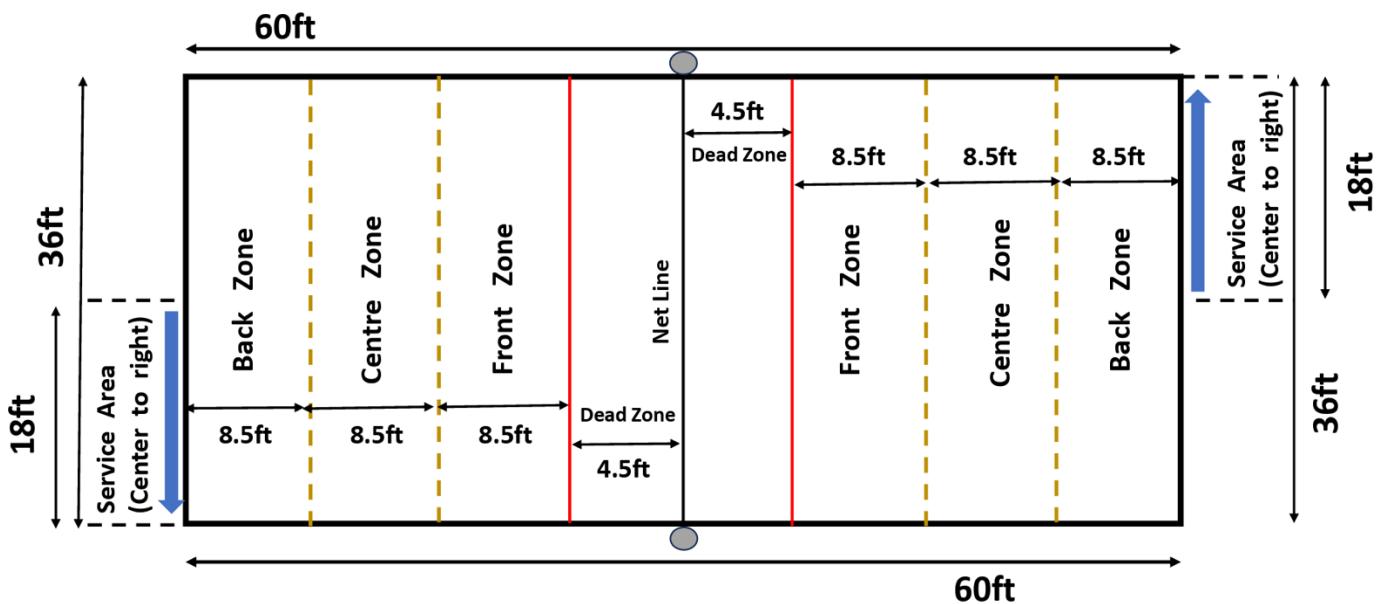
1.3 Net

- Net height: **7.5 ft**
- Net shall be securely fastened and evenly tensioned

1.4 Lines on the Court

- All boundary lines are part of the playing area
- Box (neutral) line is considered a **dead line**
- Ball touching the box line is a **foul**





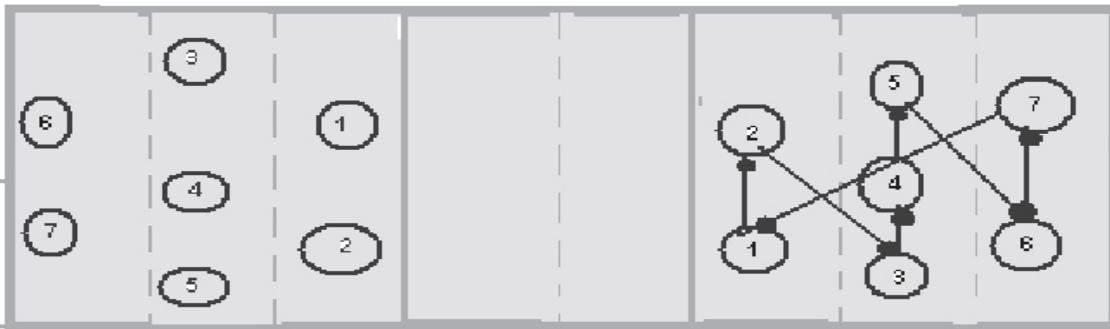
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1.5 Player Positioning & Rotation Compliance

- Teams shall take their respective court sides and positions as per the declared rotation order.
- The **serving player shall rotate clockwise to Position 1 after a service break.**
- Player rotation shall follow the **Z-rotation format** after every service change.
- Rotation order shall be maintained throughout the set.
- **Rotation occurs** only after a service break
- **Rotation must be completed within 5 seconds**
- During service, all players must be in their correct positions and maintain the **2-3-2 zone alignment** until service completion.
- Position violations result in:
 - Receiving team → **point to serving team**
 - Serving team → **loss of service**
 - Both teams → **common ball**
- Natural or unforeseen disturbances during play shall result in a **common ball and re-service.**

PLAYERS POSITION & ROTATION ORDER



1.6 Service Area

- Service box is located on the right half of the court
- **18 ft** from the end line
- At least **one foot must be inside** the service box at the time of service

1.7 Ball

- **Spartan** brand Throwball shall be used
- Ball must be uniform for the entire match

SECTION 2: TEAM COMPOSITION

2.1 Team Strength

- **7 players** on court
- Maximum squad size: as per tournament guidelines (**10 players**)

2.2 Player Eligibility

- **Women of all age groups**
- **Only players listed on the rooster are eligible to the play the tournament**

2.3 Uniform

- **Matching jerseys and shorts or leggings**
- **Jersey numbers must be clearly visible**

- **No jewelry or items that may cause injury**
- **No gloves allowed on hands**
- **Tapes/braces allowed on fingers/hands/wrist**

SECTION 3: THE GAME

3.1 Start of Play

- **Toss decides service or court**
- **Teams line up with 7 players in correct rotation**
- **Team must be present 15 minutes before their game begins**
- **Failure to complete rotation within the stipulated time (5 seconds) results in loss of point**

3.2 Service

- **Service begins only after referee whistle**
- **Ball must be thrown with one hand, above shoulder level**
- **Serve must be completed within 5 seconds**
- **Jump serve is allowed**
- **Only one player may receive the serve**

3.3 Ball In / Out

- **Ball touching any boundary line is IN**
- **Ball landing in dead zone is OUT**
- **Rally ball touching the net is allowed**

3.4 Ball in Play

- **Player may take only one step while playing the ball**
- **Ball must be caught with both hands and released with one hand**
- **At least one foot must be on the ground while catching**
- **Ball must be released within 3 seconds**
- **Ball must be thrown above shoulder level**
- **Jumping and throwing is allowed**
- **Shifting left ↔ right is not allowed**
- **Stepping out of the court and receiving and throwing back the ball is allowed**

- Player collision is permitted; however, simultaneous contact with the ball by two players is a foul.
- If a rally ball unintentionally slips or rebounds from a player's hands without control, another player may legally catch and return the ball.
 - Only two passes are permitted in such cases. This applies to rally balls only.
- A player who has touched the ball shall not catch or play the ball again during the same rally. Any second touch by the same player shall be considered a foul

3.5 Scoring System (TCTC Format)

- **Match format:** Best of 3 sets
- **Each set:** 25 points
- **Cap score:** 27
 - At 24–24, play continues until:
 - 2-point lead **OR**
- **First team reaches 27**
- **Rally scoring applies to all points**
- **In deciding set, teams change court at 13 points**

SECTION 4: FOULS

4.1 Service Fouls

A service is a foul if:

- Served before referee whistle (one warning per match; repeat = loss of point)
- Server fails to serve within 5 seconds
- Service ball touches net / pole / antenna
- Ball released below shoulder level
- Served from outside the service box
- Wrong rotation during service
- Side arm serves
- Touching the court or service line during service is a foul.

4.2 Rally Fouls

A rally is a foul if:

- Player touches the net
- More than one step after catch
- Jump and receive
- Player steps into dead zone or touches box line at any time during play
- Ball shifted left ↔ right
- Double touch / juggle / roll / slip
- Ball held more than 3 seconds
- Ball caught below trunk level or above head (Over-Reach)
- Ball touches body other than palm
- Ball thrown using two hands
- Ball caught with one hand
- Clash (two players touch ball simultaneously)
- 180°/360° turn while holding the ball
- Significant pause before release
- Push or hook action
- Any underhand or hand-parallel-to-ground release is a foul.
- Palm facing up towards the sky while throwing or catching

4.3 Net Ball

- Rally ball touching the net is allowed
- If rally ball hits net and falls back into same court, another player may receive and return it

SECTION 5: SUBSTITUTION, TIMEOUTS & CONDUCT

5.1 Substitution

- Substitution shall be permitted only with approval of the Referee, upon request by the Captain or Coach
- All substitution requests must be made to the Referee only.
- Substitution shall not take place during:
 - Team time-out
 - Technical time-out
 - Any stoppage of playSubstitution may be permitted once players return to their positions and play is ready to resume.
- Substitution shall be carried out at dead zone, next to the referee stand

- The outgoing player must exit first, followed by the incoming player.
- A substitution is considered complete when the outgoing player leaves the court and the substitute enters and occupies the position.
- Maximum substitutions allowed: 5 per set.
- ~~One to one substitution is mandatory:~~
 - ~~The same substitute must replace the same player each time.~~ (Will not be implemented for FROST '26 tournament)
- No substitution is permitted at Position 7 (service position).
- Substitution is not permitted for a player removed due to misconduct or red card.
- In case of injury, the player shall be given up to 2 minutes to recover; failing which, substitution shall be enforced by the Referee.

5.2 Exceptional Substitution

- Allowed only for injury/illness
- Substitute enters at **Position 1**
- Remaining players rotate forward
- Referee approval is mandatory

5.3 Time Outs

- **2 timeouts per team per set**
- **30 seconds each**
- Only the captain may request
- No substitution during timeout
- Referee may grant technical timeout if required

5.4 Conduct

Misconduct (2 warnings → disqualification):

- Any player other than captain questioning referee
- Coach/manager communicating with referee
- Abusive language/gestures
- Influencing referee decisions
- Leaving court without permission
- Unsportsmanlike behavior
- Calling fouls on opponent team is not allowed.

Penalty:

- Point deduction or team disqualification based on severity
- **Referee's decision is final**

SECTION 6: OFFICIALS & MATCH CONTROL

6.1 Match Officials

A match shall be officiated by:

- **Referee**
- **Line officials**
- **Scorer**
- **Court Managers**

6.2 Authority

- **Referee's decision is final and binding**
- **No protests allowed against referee judgment calls**

6.3 Communication

- **Only the team captain may speak to the referee**
- **Communication allowed before or after rallies only**

TCTC MATCH SUMMARY (QUICK REFERENCE)

- **Players on court: 7**
- **Squad size: 10**
- **Substitutions: 5 per set**
- **Timeouts: 2 × 30 seconds per set**
- **Match formats: Best of 3 sets (25–25–25) or single set (25)**
- **Cap score: 27**
- **Scoring: ITF rally system**
- **Court: 30 × 60 ft - 36 × 60 ft, dead zone 4.5 ft, net 7.5 ft**

Note: The dead zone area shall vary based on the playable court dimensions. For a court measuring 36 × 60 ft, the dead zone shall be 4.5ft