



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

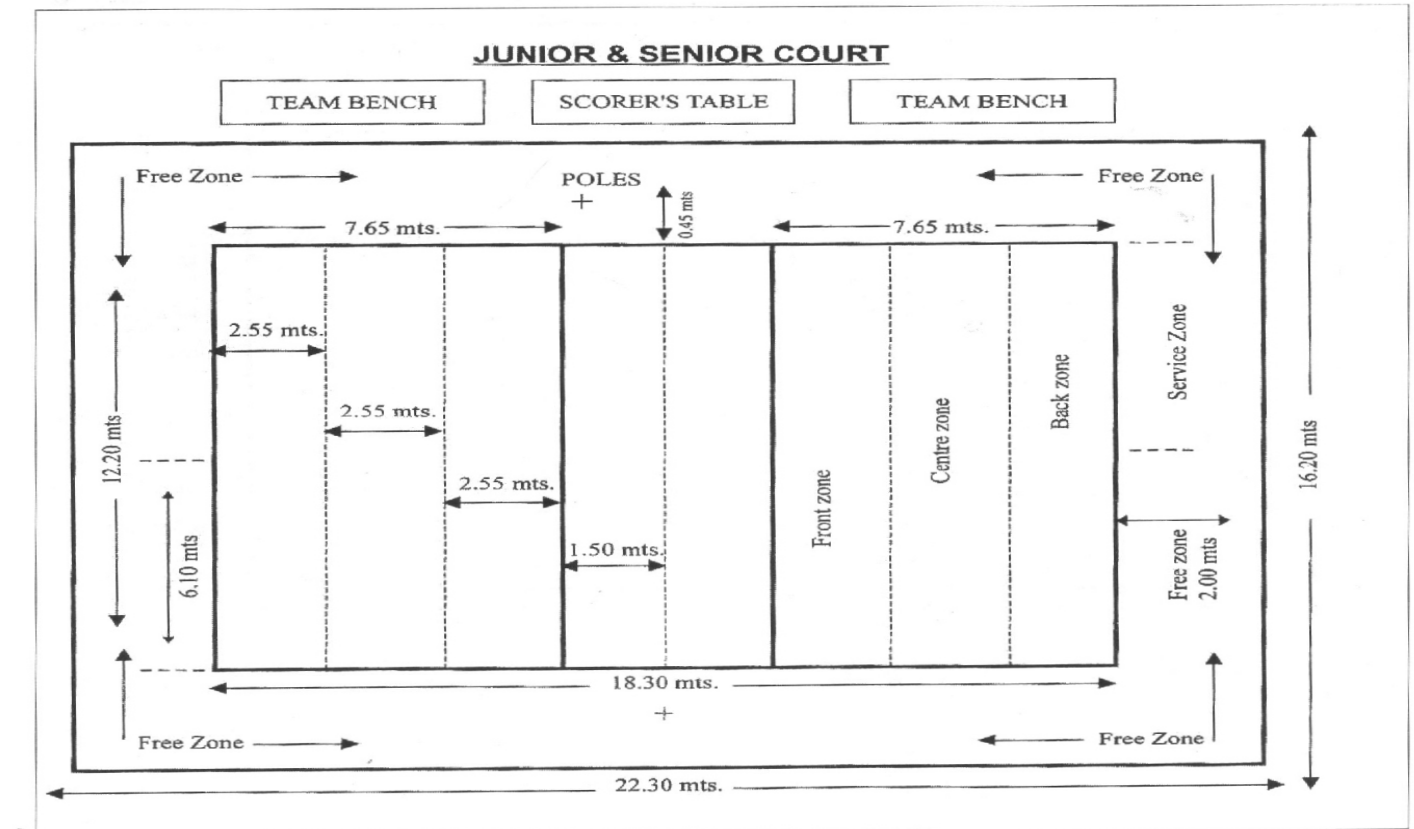
- Court size: **36 ft × 60 ft**
- Dead zone: **4.5 ft** on either side of the net line
- Court width may vary between **30 × 60 ft – 36 ft × 60 ft** based on facility constraints

1.3 Net

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

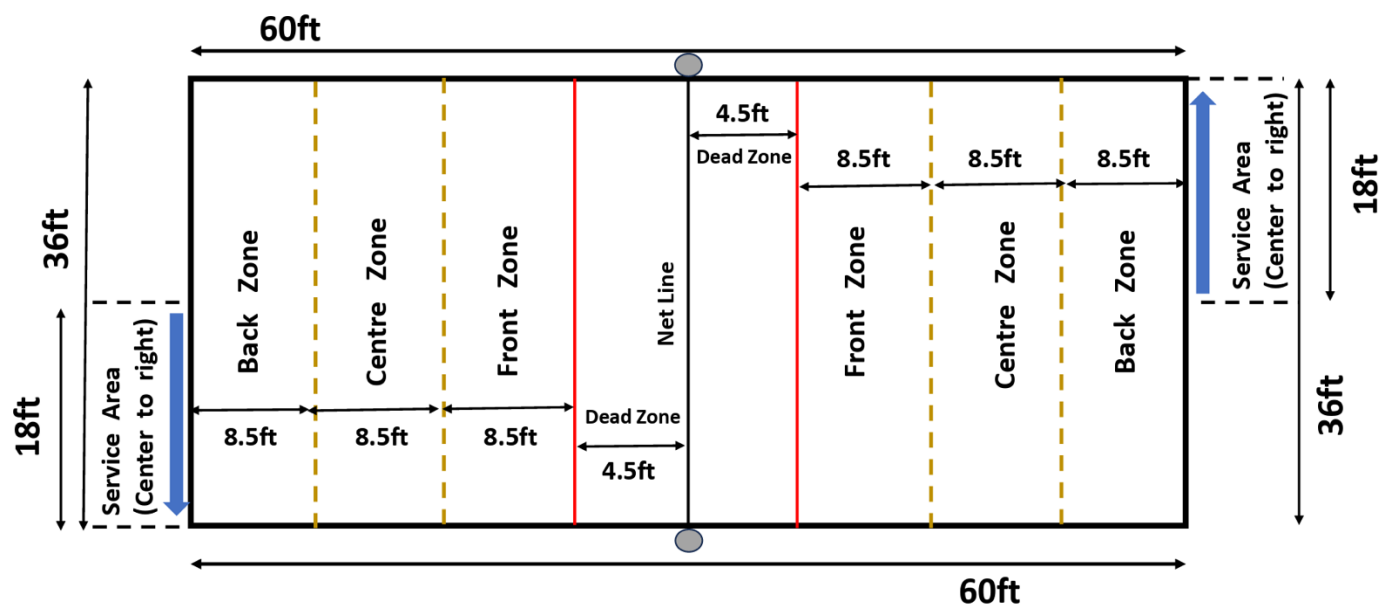
1.4 Lines on the Court

- 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**



TEXAS CAPITAL
THROWBALL CLUB

1	2	Front Zone
3	4	Centre Zone
6	7	Back Zone

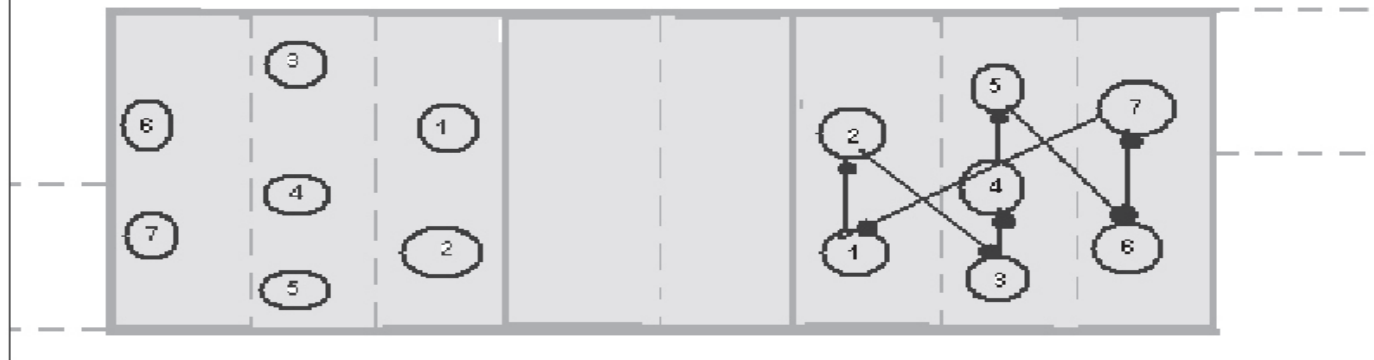


Note: © All Rights Reserved
 Unauthorized use, reproduction, or distribution of this image is strictly prohibited without permission.

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 roster are eligible to 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 play**

Substitution 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