

Handball

RULES & REGULATIONS

Handball is to be conducted under modified European Handball Federation Rules. The following rules & regulations will apply.

The SIS Code of Conduct essential points must be clearly read out by the referee to both teams & signed by the referee & coaches before the game commences.

Team Requirements

1. A maximum of 6 players are permitted to take the court.
2. Schools may have unlimited substitutes.
3. Substitutes may be made at any time.

Match Requirements

1. Matches are to commence at 1.20pm, or as otherwise agreed by both schools.
2. Matches are 4 x 10 minute quarters with a half time interval of 5 minutes.
3. A rectangular court (usually the gymnasium) is required.
4. Ball sizes – Boys 3 & Girls 2.
5. The host school will book & provide referees in accordance with SIS requirements.

An Independent Referee is required or a host school trained staff member that is not the coach.

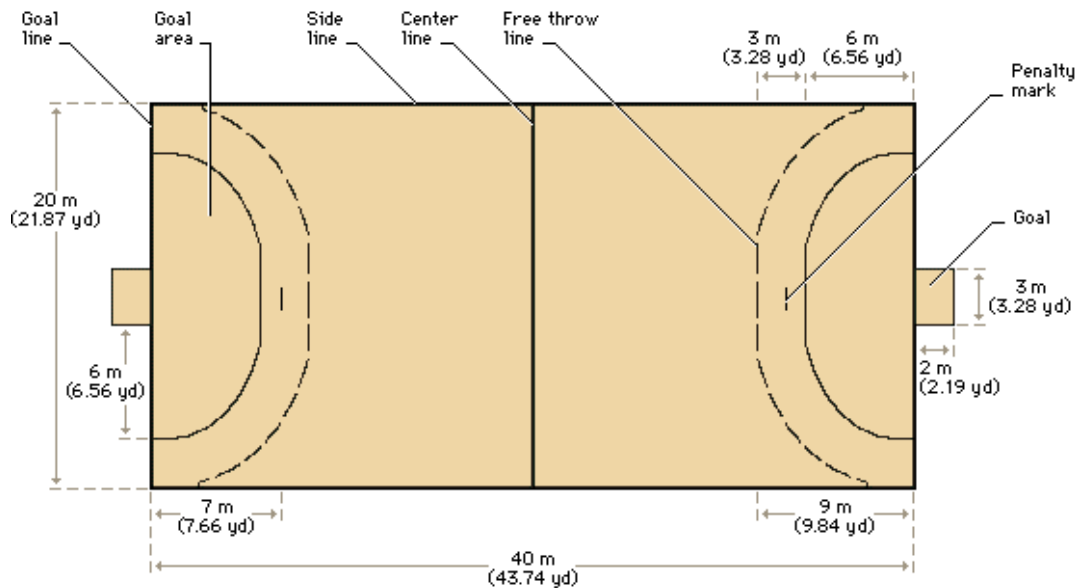
Sport Specific Playing Conditions

1. A leather ball is passed around by hands & is thrown into soccer like goals from outside a semicircular goal area. A goalkeeper is defending the goal & is the only player allowed to be in the respective goal area. Each goal scored is worth 1 point. After each goal the game restarts, the same way as at the beginning of each quarter, with a throw-off in the centre of the court.
2. Although the hands are mainly used to play the ball, the players are allowed to use any other part of their body down to & including the knees. Players are not permitted to hold or push their opponent. This is to be treated the same as a legal screen in basketball. The goalkeeper can use their lower legs & feet to execute saves.
3. The ball may be held for a maximum of three seconds & no more than three steps can be taken while holding the ball. The ball can also be bounced continuously with 1 hand while standing or running.
4. A 6 foul system is in place (similar to basketball). Any player who commits 6 fouls in total within a game can take no further part in the game. Unlike Red cards this player IS allowed to be replaced.
5. Any player sent off for misconduct may not be replaced.
6. The **Mercy Rule** margin is 10 points. The rule will apply if a team is leading by 10 points at any stage during the game. The winning team must drop 1 player from the field.
7. For a result to be declared the match must have reached half time then the score as it stands, when play ceased shall be taken as the final result. Should a match not reach half time then it is deemed a draw.

When a score is tied at the end of play, an overtime period will be negotiated between coaches until a winner is decided. 3-5 minutes, continuous clock.

If after the agreed overtime the score remains level, the game is called a draw.

The Playing Court & The Goals



The Players

A team consists of a maximum of 12 players. No more than 6 players (5 court players & 1 goalkeeper) shall be present on the court at the same time. The remaining players shall be substitutes.

Players are not permitted to hold/push their opponent. This is to be treated the same as a legal screen in basketball.

Substitutes can enter the game at any time, provided that the player being replaced has actually left the court & the substitution takes place in the appropriate area (i.e. within 4.5 m of the centre line on their side of the court). This also applies to goalkeepers.

Fouls

In SIS Competitions there is a 6 fouls system (similar to basketball). Any player who commits 6 fouls in total within a game can take no further part in the game. Unlike Red cards this player IS allowed to be replaced.

Yellow & Red Cards

A Yellow Card is given as a warning when an infringement is beyond acceptable levels – the player is then given a 2 minute benching – this player cannot be replaced. A Red Card is given on any further & similar infractions involving that player. Any player shown a Red Card will be unable to take any further part in the game. This player cannot be replaced.

Playing The Ball

A player is **permitted** to:

- Stop, catch, hit or throw the ball with their hands (open or closed), arms, head, torso, thighs, & knees.
 - Take a maximum of 3 steps while holding the ball.
 - Hold the ball for a maximum of 3 seconds.
- Bounce the ball on the spot or while running once or several times. As soon as the ball is held again in 1 or 2 hands, it must be played within 3 seconds & after no more than 3 steps.
 - Play the ball while kneeling sitting or lying on the ground.

A player is NOT permitted to:

- Touch the ball more than once, unless it has touched the ground, another player or part of the goal in between.
 - Touch the ball with any part of the leg below the knee.
- Throw the ball intentionally over the sidelines or the goal line outside their own goal.
 - Keep the ball in the teams' possession without making a recognizable attempt to attack or shoot a goal. This is regarded as passive play & leads to a free throw to the defending team.

Approach To The Opponent

A player is permitted to:

- Use arms & hands to block or gain possession of the ball.
- Use an open hand to play the ball away from an opponent from any direction.
- Use the body to obstruct an opponent, even when not in possession of the ball.
- Make body contact with an opponent, when facing them & with bent arms, & maintain this contact in order to monitor & follow the opponent.

A player is NOT permitted to:

- Pull or hit the ball out of the hand of an opponent.
- Block or force away an opponent with arms, hands or legs.
 - Restrain holds, push, run or jump into an opponent.
- Otherwise impede, obstruct or endanger an opponent (with or without the ball) in contravention of the rules.

The Goalkeeper, is permitted to:

- Touch the ball with any part of his body, when in the act of defence in his own goal area.
 - Move around with the ball inside the goal area without any restrictions.
 - Leave the goal area without the ball & participate in the game in the playing area; when doing so, the goal keeper becomes subject to the rules applying to court player; the goal keeper is considered to have left the goal area as soon as any part of his body touches the floor outside the goal area line.
- Leave the goal area with the ball & play it again in the playing area if they have not managed to control it fully.

The Goalkeeper Is NOT permitted to:

- Endanger an opponent while in the act of defence.
 - Play the ball intentionally over the outer goal line, after controlling the ball.
 - Leave the goal area with the ball under control.
- Touch the ball when it is stationary or rolling on the floor outside the goal area, while they are inside the goal area.
- Take the ball into the goal area when it is stationary or rolling on the floor outside the goal area.
 - Re-enter the goal area from the playing area with the ball.
- Touch the ball with the foot or leg below the knee, when it is stationary on the floor or moving out towards the playing area.

The Goal Area – The goal area, including the goal area line belongs to the goalkeeper & may not be entered by court players. A court player, who ends up in the goal area after having the ball, shall not be penalized, unless they cause a disadvantage to the opponent.

Scoring – A goal is being scored, when the whole of the ball has crossed the goal line between the goal posts & under the crossbar, provided the scoring player or their team has committed no infringement of the rules.

The Throw-In – A throw in is awarded when the ball has completely crossed the sideline. The team whose players were not the last to touch the ball before it crossed the line takes the throw-in. The player taking the throw must have 1 foot on the sideline where the ball had crossed the line.

The Corner Throw – A corner-throw is awarded when a ball that crosses the goal line outside the goal was last touched by a player of the defending team, but not by the goalkeeper.

The Goal Keeper Throw – A goal keeper throw is awarded when the ball crosses the goal line outside the goal, or when the ball comes to a rest in the goal area.

The Throw Off – For the throw-off, all players must be in their own halves, with the opponents at least 3 meters from the ball. A throw off is taken at the beginning of each half & after a goal has been scored by the team conceding the goal.

The Free Throw – A free throw is awarded for any infringement of the rules as explained in the previous sections. The free throw is taken where the infringement occurred unless it is between the goal area line & the free throw line of the attacking team. The free throw is taken on the free throw line.

Players of the attacking team must remain outside their opponent's free-throw line until the free throw has been taken.

The Penalty Throw

A penalty throw shall be awarded:

- When an infringement anywhere on the court prevents a clear chance of scoring.
- When a goalkeeper enters his goal area with the ball or takes it into the goal area.
- When a court player enters his own goal area to gain advantage over an attacking player who has possession of the ball.
- When a court player intentionally plays the ball to his own goalkeeper in his goal area.

Taking The Throws

- The player taking the throw must have the ball resting in 1 hand & must have 1 foot firmly set on the ground. (Except for goal throw)
- The referee must give a whistle signal for the throw-off & penalty throw, & form any other throw if the player taking the throw unduly delays the throw. After the whistle the player must take their throw within 3 seconds. All opponents have to be 3 meters away from the player taking the throw.
 - A goal may be scored direct from any throw.
- The player taking the throw must not touch the ball again until it has touched another player or the goal.

The Referee's Throw

A referee throw takes place if;

- Both teams infringe the rules simultaneously.
- The ball touches the ceiling or any other equipment above the playing court.