



# HANDBALL

## *Format & Key Rules*

Rules & Format	Details
Roster	<ul style="list-style-type: none"> <li>• 5 players on the court (including goalie), minimum of 2 females</li> <li>• Minimum to <b>not</b> default: 4 players, at least 1 female</li> </ul>
Mercy	<ul style="list-style-type: none"> <li>• Mercy is called and the score freezes if a team gains a 13-point lead.</li> </ul>
Game time	<ul style="list-style-type: none"> <li>• Two 25 minute halves with a 5 minute half time</li> </ul>
Game Start & Subbing	<ul style="list-style-type: none"> <li>• The game will begin the game with a throw-off at half court. Each team must be on their own half and 3 meters away from the ball. The team that didn't win the throw-off will get the throw off for the 2<sup>nd</sup> half</li> <li>• Sub on the fly</li> </ul>
Creases	<ul style="list-style-type: none"> <li>• Defensive players may pass through their own crease but must clear out within 3 seconds</li> <li>• Offensive players are not allowed in their opponent's crease, except if they are landing from a jump shot started outside of the crease</li> <li>• Goalies cannot leave their crease</li> </ul>
Scoring	<ul style="list-style-type: none"> <li>• Goals are not allowed if the shooting player was in the crease</li> <li>• After a goal, the game continues with the goalie just scored on putting the ball back into play vs. a restart at half</li> <li>• Goalies can score</li> </ul>
Possession & Turnovers	<ul style="list-style-type: none"> <li>• When a player receives the ball, they can: be stationary with the ball for 3 seconds (pivot steps included as stationary), dribble as many times as they want, pass, shoot or take 3 steps holding on to the ball</li> <li>• You cannot double-dribble, after a dribble is picked up, a player cannot dribble again</li> <li>• A failed pass resulting in the ball hitting the ground is dead, with possession going to the other team</li> <li>• If a defender intercepts a ball either by catching, or blocking, even if it hits the ground, it will remain the defensive team's ball</li> <li>• When the ball is dropped/turnover occurs the team gaining possession must pass at least once before shooting</li> <li>• When offensive player (with or without the ball) enters the crease, the ball goes to the defending team</li> <li>• When the ball goes out of bounds the team that did not touch the ball last is awarded a throw-in. All throw-ins are indirect</li> <li>• A ball going out off bounds last touched by the goalie will be rewarded a corner ball</li> </ul>
Violations	<ul style="list-style-type: none"> <li>• A defending player cannot: make contact, hold, hit, trip, reach in on an offensive player</li> <li>• If a defending player interferes with a goal scoring opportunity by fouling a player, the player who was fouled is awarded a penalty shot</li> <li>• If a defensive player contacts the ball while in their own crease, the other team will be awarded a penalty shot</li> <li>• A free-throw is awarded for the team fouled when an infraction occurs</li> </ul>