

# Handball Rules



## IM Handball Rules & Supplies

### Rules for Handball and IM Adjustments

- The game consists of two teams of 7 (6 court players and 1 goalkeeper)
  - For IMs 4 court players and 1 goalie
- Two 30-minute halves, the team that scores the most goals at the end of regulation wins
- Teams typically have 2 timeouts per game, and can take 1 per half, otherwise disregarding any lengthy delays such as an injury the clock is always running
  - Teams can only call time-outs with possession of the ball
- Substitutions can occur at any time during the game, similar to ice hockey
- The Court and Goals
  - Typical handball courts are ~130 ft long and ~65 feet wide
  - Goals are 3m wide and 2m tall (~10ft x 6.5ft)
  - In front of each goal is the Goal Area, which is 6m (~20ft) away from the goal
  - The free-throw line sits 9m away from the goal
- To modify the court for IMs, here are the following suggestions:



- Use the goal cutouts as goals
  - The larger crease can be used as the Goal Area
  - Free-throw line could be the red volleyball back line
  - With the curtain down we don't need sidelines or backlines, but what happens when the ball hits the curtain/wall is TBD
- Throw-Off

- The team taking the throw-off must be on their own side of the court, and opposing players must be at least ~10 feet away from the thrower until the ball leaves their hand
- The thrower must be touching the center line with one foot
- Throw-offs occur after every goal and at the start of each half (similar to soccer)
- Modern handball allows for a “fast throw-off” after a goal where the team who just conceded a goal can throw-off before the opposing team gets back to their own half (the team throwing off still has to remain on their side)
- General Gameplay
  - A player with the ball can either pass, keep possession by dribbling, or shoot. They can only remain stationary for 3 seconds before doing one of the three.
  - A player cannot touch the ball more than once unless it has touched another player, touched the ground, or hit the goal post after a shot
    - Unless the player is fumbling the ball to gain control
  - Players can touch/play the ball with any part of their body intentionally except for below the knees (i.e. they can't kick the ball)
  - A player can take at most 3 steps before passing, shooting, or dribbling (dribbling involves throwing the ball to the ground back to themselves)
  - A player can also play the ball while kneeling or lying on the floor
  - A player can't run out of bounds to get around an opposing defender
- Scoring
  - A goal is awarded when the ball completely crosses the goal line after a legal shot or deflection from the offensive team
  - Own goals also count as goals for the other team (except on Goalkeeper Throws)
  - Goals are also still awarded if the ball crosses the line while the defender commits a foul (like an And-1)
  - Players are allowed to score goals off of a bounce or “skip” where the ball hits the ground and then goes in the goal
- The Crease
  - Only the Goalkeeper is allowed in their crease/goal area (just like floor hockey)
  - If an offensive player plays the ball in the Crease or runs through the crease to gain an advantage, it becomes a Goalie ball (could change this)
  - If a defender plays the ball in the Crease, it becomes a Penalty Shot for the offensive team
  - An offensive player can jump into the crease and shoot/pass as long as the ball leaves their hand before their feet make contact with the floor
- The Goalkeeper
  - One goalie must be assigned for every team
  - They are not allowed to leave the crease with the ball
  - The goalie can deflect a shot on goal with any part of their body

- Outside the crease, the goalie is treated like any other court player
- Goalkeeper Throw → offensive team has to retreat to their own half and the goalie passes the ball to anyone on their team in their own half (like floor hockey)
  - The ball must be played by a player of the goalie's team before half court, or else a free throw is awarded to the other team
- Defense
  - Players on defense cannot hold, hit, push, or trip an offensive player. It is also illegal to slap or strike the ball out of an offensive player's hand
  - Defenders can use an open hand to play the ball out of an opponent's hands, or use their body to block the opponent in a struggle for position
  - Defenders can reasonably be as close to a ball-carrier as they want, as long as they play legal defense
- Violations
  - Traveling - taking more than 3 steps with the ball
  - Double Dribble - dribbling the ball twice within 3 steps
  - Carrying - just like basketball
  - Charging - like a charge in basketball
  - Illegal Screen - just like basketball
  - Crease Violation - if any player enters the crease/goal area
- Penalties
  - Fouls committed by the defense/offense usually result in a Free-Throw from the spot of interruption
    - A free-throw restarts play, similar to a free kick in soccer where the defense gives the thrower space to throw (could be ~5ft), all free-throws are direct (they can score directly off of one)
  - If a player keeps committing penalties, or if a penalty is especially egregious, the referee can award a yellow card or red card just like soccer.
    - Players should be warned once before receiving a yellow card
    - 3 yellow cards = red card
    - Red Card = ejection and their team plays a player down for 2 minutes
  - Any penalty that prevents a clear scoring chance (such as in floor hockey) results in a Penalty Shot
    - A Penalty Shot for IMs would be the shooting player standing 1 ft behind the Crease while the Goalkeeper starts at their own goal line, and all other players stand behind half court. Once the whistle is blown, the shooting player takes a legal shot on goal. Either a goal is awarded or it becomes a Goalkeeper Throw
- Referees & Supervisor

- Each game consists of two referees, which would be run very similar to floor hockey or indoor soccer where each referee stays along opposite sidelines and ends of the court
- The score table would be put in the goal cutout on the side wall, with the supervisor keeping score with a scoreboard
  - If the ball enters the scorekeeper's table, the ball would be ruled "out of bounds" and possession is awarded to the team that didn't touch the ball out of play
- Time could be kept by one of the referees, either with a stopwatch or their phone if available
- Referees would need to wear a striped ref's shirt (no collar), black shorts/pants, and their whistle
- Further referee mechanics for certain plays (Penalty shots, free throws, etc.) could be discussed during officials training

### Supplies Needed for Handball

- The Ball
  - Handball balls are available online from brands such as Molten, Hummel, and Select for ~\$35 for a high quality ball and ~\$25 for a lower quality ball
    - A concern is that handballs aren't as widely available in the US since it is mainly a European sport, but there are options available on Amazon
  - There are also two sizes of handballs
    - Men's → 23"-24" circumference
    - Women's → 21"-22" circumference
- Goals
  - Just use the cutouts
- Yellow/Red Cards
- Scoreboard
- Table
- Pinnies for teams playing