

7 v 7 Handball - Rules

Each player must present a valid Mason ID before each contest to be eligible to participate.
No ID...No Play...No Exceptions!

Game time is forfeit time.

Officials who are in absolute control of the game will do the officiating. Teams are responsible for keeping their spectators under control. Misconduct of spectators, players or coaches can result in assessment of a penalty, ejection or forfeiture of the game. Spectators must also remain in the area designated by the officials. Only players and coaches (maximum of two) are permitted in the playing area. The official shall have the power to make decisions on any matters or questions not specifically covered in the rules.

Any rules not mentioned in the following will be governed by the IHF Laws of the Game except where variations have been made to the rules, to allow for CO-REC conditions.

I. General:

1.1. The goalkeeper must wear a separate shirt/alternate color.

1.2. All jewelry must be removed before taking the court.

1.3. Game equipment

1.3.1. Ball size: 3 HANDBALL Men's

1.3.2. IMPORTANT NOTE: No resin or ANY adhesive is allowed on the game ball provided. Teams are allowed to bring their own HANDBALL ball for warmup before the game, however, if there is any resin or type of adhesive on the surface of that ball it **WILL NOT** be permitted.

1.4. Players' Recommended Equipment

1.4.1 Numbered shirts, shorts, socks, and footwear with rubber soles

1.5. Method of Scoring

1.5.1. When the whole of the ball has passed over the goal line, between the goal posts and under the cross-bar (except by illegal means). Goals may NOT be scored from the defensive side of the pitch. All scoring must take place in the attacking side of the play.

1.6. Number of Players

1.6.1. Minimum Number of Players to Start Match: 5, one of whom shall be a goalkeeper.

1.6.2. Minimum Number of Players to Finish Match: 5

1.6.3. Substitution Limit: None

1.6.4. Substitution Method: "Flying substitution" (all players but the goalkeeper enter and leave as they please between the substitution lines; goalkeeper substitutions can only be made when the ball is out of play and have the referee's consent) Players entering the pitch must wait for the player leaving the pitch to be fully off of the field of play prior to entering the game (blue card). **Penalty:** the offending player will receive a blue card and the team will play shorthanded for 2 minutes.

II. Referees

2.1. Main Referee

2.1.1. Duties: Enforce the laws, apply the advantage rule, keep a record of all incidents before, during and after game, stop game when deemed necessary, caution or expel players guilty of misconduct, violent conduct or other ungentlemanly behavior, allow no others to enter the pitch, stop game to have injured players removed, signal for game to be restarted after every stoppage, decide that the ball meets with the stipulated requirements.

2.1.2. Position: The side opposite to the player benches

2.2. Assistant Referee

2.2.1. Duties: Same as Main Referee, with the addition of keeping a check on the 2-minute punishment period after a player has been sent off, ensuring that substitutions are carried out properly, and keeping a check on the 1-minute time-out.

2.2.2. Position: The same side as the player benches

III. The Game

3.1. Duration: Two equal periods of 20 minutes. The clock will be a running clock and time can be prolonged only to take a penalty kick.

3.1.2. 2 Minute Clock The clock will stop on all whistles with 2 minutes to go in the second half.

3.2. Time-outs: 2 per team per game (60 seconds each)

3.3. Half-time: Maximum of 3 minutes

3.4. Overtime:

3.4.1. After regulation, there will be a 1-minute intermission, during which the teams change goals. Overtime will last 3 minutes, with the clock stopping in the last 2 minutes for penalty shots and balls of out bounds. The period will be started with a coin toss and a subsequent throw off at center court. If the game remains tied at the end of overtime we will go into penalty throws.

3.4.2. For penalty throws, each team chooses five players to attempt the throws. Goalkeepers must remain the same throughout. Once the officials decide which goal shall be used, a coin toss will decide which team throws first. If the game is still tied after the completion of the first round of five throws for each team, a sudden death session begins. An end is achieved when one team has more goals than the other team and both teams have taken an equal number of throws. Teams can call on players that threw in the first-round of penalty throws (but an individual can only repeat once every five times). Players who have been sent off, disqualified or excluded earlier in the game are not allowed to take penalty.

3.5. Games are started in the first half with a coin toss. The winner will choose the attacking half to start the game.

3.6. A jump ball will start each game. Players are allowed to be on either side of the court.

3.7. There will be NO overtime in pool play, but overtime will be used for the playoffs.

3.8. A goal is worth one point regardless of where it is scored and is registered when the ball completely breaks the vertical plane of the goal line.

3.8.2. After a goal is scored, the game is restarted with a free throw from the goalie. **This throw must not go past midcourt. Violation will result in a free throw for the defending team at midcourt.**

3.9. A throw-in is awarded to the opponent when one team loses the ball out of bounds on a sideline. The defense must be 3 meters away when the ball is thrown in. The player must have both feet touching the court during the throw-in.

3.10. The referee blowing his/her whistle warrants a dead ball (even if inadvertent).

3.11. Defensive players are allowed to use their body to obstruct an opponent either with or without the ball. Using the arms or legs to push, hold, trip or hit, however, is a violation. Offensive players are not allowed to charge into player, or a free throw is awarded from the spot of the infraction.

3.12. Mercy Rule: If a team is leading by 7 goals or more in the final five minutes of the game, the game is over, or if a team is up by 15 at halftime or any point thereafter the game is over

IV. The Court and Goal Area

4.1. The Court

4.1. All lines are part of the area they enclose.

4.2. 7-meter line: A penalty line, measured from the basketball free throw line, where penalty throws are taken.

4.3. 4-meter line: The line past which the goalkeeper cannot advance during a 7-meter penalty throw.

4.4. 9-meter line (27ft in radius, dashed line): A line from which free throws are taken for minor game penalties.

4.5. 6-meter line (27ft in radius, solid line): Neither offensive players nor defenders may enter this area. Offensive players are allowed “air rights,” meaning they can jump from behind the 6-meter line, shoot from above the goalkeeper area, then land in it after releasing the ball.

4.6. The Goal Area

4.7. Only the goalkeeper is allowed in the goal area.

4.7.1. Exception: The shooting player may fly into the goal area to shoot the ball, but may not touch the goal area or the shooting line prior to the ball being released. Once the shooter comes down in the goal area they must make an immediate attempt to exit the area, without disturbing the goalkeeper.

4.8. The following action occurs when players enter the goal area:

4.8.2. If the offensive player enters the area it is an automatic violation and the goalie then throws the ball back into play.

4.8.3. If the defensive player enters the area and gains an advantage, but does not inhibit a clear chance of scoring, a free throw will be awarded.

4.8.4. If the defensive player enters the area and gains an advantage, and inhibits a clear chance of scoring, a penalty throw will be awarded.

4.9. Only the goalie may touch the ball when it is in goal area

4.9.2. Violation: free throw if done by the defense, goal throw if done by the offense).

4.10. A defensive player may not play the ball back into his/her own goal. If this happens, the following could occur:

4.10.2. A goal is awarded if the ball goes in the goal

4.10.3. A penalty shot by the opponents if the goalie touches the ball

4.10.4. A penalty shot by the opponents if the ball comes to rest in the goal area.

4.10.5. Play continues if the ball traverses through the goal area (without touching the goalie)

V. Goalkeeper Rules

5.1. Keepers can touch the ball with any part of the body while in the act of defending inside the goal area.

5.2. Keepers may exit the goal area without possession of the ball, but then the goalkeeper becomes subject to the rules that apply to players in the playing area.

5.2.2. When the goalie wants to re-enter the goal area they may not be in possession of the ball.

5.2.3. When goalies come out of the goal area they may never go past half court.

5.3. Keepers may move around in the goal area without any restrictions, with the exception of a 5-second count to release the ball.

5.4. A goal throw is taken by the goalkeeper from the goal area out over the 6 meter line. Once the ball is put back into play, he or she may not receive the ball again until the defense has gained possession.

VI. Fouls and Misconduct

6.1. Free Throw:

6.1.1. For a minor foul or violation, a free throw is awarded to the opponent at the exact spot where it took place, with the defense positioned 3 meters (10') from the ball. The offending team must immediately put down the ball on the floor if they are in possession at the time of the whistle. If the infraction occurs between the 6-meter line and the 9-meter line, the defense lines up at the 6-meter line and the free throw is taken from the 9-meter line, closest to where the foul took place. A goal may be scored directly from a free throw.

6.2. Penalty Shot:

6.2.1. A foul that inhibits a clear chance to score

6.2.2. The goalie carries the ball back into the goalie area

6.2.3. A court player intentionally plays the ball into his or her own goal area and the goalie touches the ball, or the ball comes to rest in the goal area.

6.2.4. Anytime a pass or shot is blocked from behind.

6.2.5. A defensive player enters the goal area and gains an advantage and destroys a clear scoring opportunity

6.3. Taking of a Penalty Shot:

6.3.1. Any player on the team may take a penalty shot for the team. An offensive player shoots the penalty shot one-on-one against the goalkeeper from the 7-meter line. All other players must be outside the 9-meter line for a possible rebound. The shooter is not allowed a running start and must keep at least one

foot on the ground behind the line during the throw. The official will blow their whistle and after that, the thrower has 3 seconds to throw the ball.

6.3.2. The goalkeeper must not touch the floor across the 4 meter line. One foot must be behind the line until the ball has left the throwers hand. It is allowed to move any other body part over the line as long as it remains in the air.

6.4. Yellow Card Administration:

6.4.1. Excessive minor fouls may result in a yellow card for the offending player(s).

6.4.2. Any yellow card will also accompany an automatic 2 minute suspension for the offending player (that player must serve the entire 2 minutes, regardless of how many goals are scored). The team cannot substitute for the suspended player (example: hockey power play). Any ejection results in the remainder of the game being played shorthanded. A player who receives 2 yellow cards will be given a red card and be ejected from the game.

6.4.3. Actions directed mainly at the opponent and not the ball, such as reaching around, holding, pushing, hitting, tripping and jumping into an opponent, are to be punished by a yellow card. Any of the above actions may also result in a direct red card and subsequent ejection from the game.

VII. Playing the Ball

7.1. Players are allowed to:

7.1.1 Dribble the ball with no limit.

7.1.2 Run with the ball for up to three steps before and after the allotted consecutive dribbles.

7.1.3 Hold the ball without moving for three seconds.

7.1.4 Block opposing players using the trunk of their body.

7.2. Players are NOT allowed to:

7.2.1 Endanger an opponent with the ball

7.2.2 Pull, hit, strip, or punch the ball out of the hands of an opponent (similar to flag football).

7.2.3 Contact the ball below the knees (with the exception of the goalie) unless it was thrown by an opposing player

7.2.4 Block opposing players using anything that is not their trunk (e.g. arms, legs)

7.2.5 Block a throw or shot from behind (exception: results in a penalty throw instead of a free throw if the shot is a clear scoring opportunity)

7.2.6 Run or jump into an opponent

PENALTY: Free throw from where the foul occurred.

7.3. All players (except the goalkeeper) are only permitted to hold the ball for three seconds or three steps before a violation is called.

7.4. A player who has controlled the ball is not allowed to touch the ball more than once unless it has touched the floor, another player or the goal in the meantime.

7.5. Three steps are called like in basketball (Jump stops count as one complete step)

- 7.6.** The three second count starts as soon as the player gains control of the ball. Fumbling of the ball does not count as possession/control.
- 7.7.** If the ball is intentionally played out of bounds (infraction: delay of game), the opposing team will be awarded a penalty shot.
- 7.8.** If a team is noticeably stalling throughout the duration of the game (not attempting to score or shoot) the official will give a warning signal. Should the team now fail to make a recognizable attempt to shoot on goal, the opposing team will be awarded the ball and a free throw attempt from the spot where the ball was last in possession of the offensive team.
- 7.9.** If both opponents gain possession of the ball simultaneously then the ball will be awarded to the defensive team on the court where the possession occurred, in the form of a free throw.

VIII. Co-Rec Modifications

- 8.1.** A regulation team consists of seven (7) players (one of which will be the goalkeeper). At least five players are required to start the game and avoid a forfeit. There must be at least two (2) females on the court at all times, and must be in the field of play. If there is a female as a goalie that **DOES NOT** count towards two females on the court.
- 8.1.2.** A team may play with less than five players once the game has started if, during the course of the game, a player must leave due to injury, illness, or disqualification. A team must have at least 4 players to continue a game and two females.
- 8.2.** If a player gets an ejection or a yellow card, that team must play down one player of same gender for the entire penalty period (e.g. if a male player gets a yellow card, the team must be one male short for the 2 minute suspension)
- 8.3.** If a goal is scored - during regular play, overtime, or shootout - by a male, it will count as one (1) goal; if a goal is scored by a female player it will count as two goals.
- 8.4.** Girl Touch: In order to score a goal in Co-Rec team handball, a female member of the attacking team must touch the ball in the offensive half before the ball is put in the goal. EXCEPTION: If a male is fouled for a penalty throw without girl touch being achieved, a goal can be scored on the penalty throw regardless of the girl touch rule (Violation: goal throw).
- 8.4.1.** Girl Touch does not reset until the ball completely crosses into the other half of the court. It does not reset if the ball goes out of bounds in the offensive half.
- 8.5.** If a penalty throw is awarded, the gender of the thrower must be the same as the player that was fouled to receive the penalty throw. Female penalty goals will still count as two goals.
- 8.6.** If a shootout occurs, teams must alternate shots on goal between male and female. Teams will choose five players to shoot. A female goal in a shootout still counts as two.
- 8.7.** Mercy Rule: If a team is leading by 10 goals or more in the final five minutes of the game or if a team is up by 15 at halftime or any point thereafter the game is over.