

Blacktown P.S.S.A.

Handball Rules

TEAMS: 12 Players per team - 6 boys, 6 girls + reserve/s

GAME TIME:

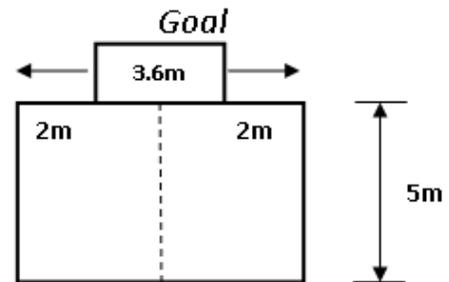
- x3 '12minute' terms per game
- Senior and Junior teams alternate, 'Starting with Seniors'
- Each referee responsible for timing own match until the finals

EQUIPMENT

- Rubber ball approx. 14cm diameter
- 1 Handball/Indoor Soccer goal
- Domes/witches hats

GAME AREA

- 50m x 25m (quarter of football field)
- Goal zone 7.6m x 5m
- Goal 3.6 x 1.8m



POSITIONS:

- Generally as in soccer.
- Positional suggestions:

LEFT FORWARD ---- RIGHT FORWARD

FRONT ROVER

LEFT WING-- CENTRE MID ---CENTRE MID --- RIGHT WING

BACK ROVER

LEFT BACK---- CENTRE FULLBACK--- RIGHT BACK GOAL

KEEPER

RULES: General Play

- Game commences with a toss up - in centre of the field, by the umpire. (*see toss-ups*)
- Both Senior & Junior teams will face the same goal end for first third and then change ends each third.
- The centre pass may be defended.
- There is no offside.
- The ball can be passed, in any direction.
- The ball may **not** be **handed** to another team member; there must be a 1 metre pass between.
- There is a time limit of 5 seconds to pass the ball once the player stops his/her movement. This includes the Goalkeeper.
- There is a limit of 5 steps, in any direction, including on the spot, by a player in possession of the ball.

CHANGE OF POSSESSION - (May be defended)

- When the ball comes into contact with the ground, the last team to have contact with the ball forfeits possession.
- An infringement of the 5 second or 5 step rule results in forfeit of possession and a free pass to the non-offending team.

FOUL (FREE THROW) – (May not be defended)

- If an attacking player makes contact with a stationary defender, a foul is called, and a free throw is awarded.
- If a defending player makes contact with an attacker, or their arm position is deemed to be unsafe, a foul is called, and a free three awarded.
- The player committing the foul is to stand beside the attacking player until a pass is made.

SCORING A GOAL

- A goal is scored by a player throwing the ball, over the line, and into the goals.
- The ball must be thrown from outside the goal zone.
- The ball may be bounced into the goal provided the ball lands in the goal keeper box.
- Play restarts at the centre of the field by the non -scoring team

GOAL ZONE

- Only the Goal Keeper is allowed in the goal zone.
- If an attacking player steps into the goal zone, possession is given to the GK of non-offending team.
- If the defending team steps into the goal zone at any time, a foul is called, and a free throw awarded to the attacking team. **Play must restart with a pass, before a shot on goal can be taken.**
- The attacking player **with the ball at that time** is to take the **penalty shot**. The offending player stands beside the shot taker and may not defend until ball is thrown.

DEFENCE

- A player may defend an attacker with the ball 1 metre away with arms in any safe position, eg.
 - a) Raised and bent or
 - b) Raised Upwards/downwards and Straight

BUT NOT

 - c) Horizontally Straight at shoulder height
- If an infringement occurs, a foul is called, and a free throw is awarded. The infringer is to stand out of play, next to the non-offending player.
- If an attacker approaches a player who has already taken up the 1 metre distance and has arms stretched out legally, the attacker may lessen that distance, however the defence does not have to move.
- If an attacker forces contact on a player who has already taken up the 1 metre distance and has arms stretched out legally, the attacker

forfeits possession of the ball. A free throw is given. The infringer is to stand out of play, next to the non-offending player.

CONTACT:

- This is supposed to be a non-contact game.
- If a player contacts in an effort to get the ball or defend the ball, a free throw is awarded to the non-offending team. The offending player stands beside the non-offending player and is out of play until the pass is made.
- If two opposing players contact at the same time or you are unsure of what has happened, a TOSS-UP between the two players is awarded.

TOSS-UP:

- Between two opposing players standing 1 metre apart with hands by their sides.
- Referee flicks the ball upwards to **just below the shorter player's height**. First player to catch the ball gains possession and play continues. (If the ball is dropped the toss-up is replayed)
- Used at beginning of each third to start play.

THROW INS and CORNERS

- If a ball goes out the sidelines of the playing area, a throw in to non-offending team occurs from the point the ball went out of play.
- If the attacking team attempts to score a goal and the ball passes over the back line, the defending goalkeeper has possession in the goal box.
- If an attempted shot at goal is deflected over the baseline by the Goal Keeper or a defender, a corner pass is given to the attacking team.

IMPORTANT

- There is no substitution allowed during a third unless there is an injury. At which time, the coach & referee must be told.
- Goalkeepers are not allowed to be changed during a third (with the exception of an injury).
- Juniors may be used as substitutes for senior matches if there are not enough players or an injury occurs. The reverse, ie: Seniors playing for the juniors, is not allowed.
- Encourage good sportsmanship & ENJOY the game!!!