



HANDBALL *Cheat Sheet*

ROSTERS

- A full team on the floor consists of 5 players (including goalie) with a minimum of 2 females (not including goalie).
- The minimum amount of players required in order to not default is: 4 total players including at least 1 female.

GAME PLAY

- A game consists of two 25 minute halves, and a 5 minute half-time. Ties are allowed in the regular season.
- The game will start with a throw-off at half court. Each team must be on their half and 3 meters away from the ball.
- Mercy will be called when one team gains a lead of 13 points. The score will freeze and teams are encouraged to play the rest of the game for fun.
- Once in possession of the ball, a player may stand stationary for only 3 seconds, and may take only 3 steps (pivot steps included). They must then shoot, pass, or dribble the ball.
- A player may dribble the ball as many times as they want (and move up the court as many steps as they wish) as long as during the dribble only one hand contacts the top of the ball.
- After a dribble is picked up (ball touched with two hands) the player has the right to another 3 seconds, or 3 steps. The ball must then be passed or shot, as further holding the ball would be considered a double-dribble.
- A dropped ball (or ball lost during a dribble) is a dead ball and possession changes at the point of the dead ball.
- A throw-in is awarded when the ball goes out of bounds on the sideline or the back wall. The team that did not touch the ball last is awarded possession. A defending player must be 5ft away from player throwing in the ball.
- Goalies cannot leave their crease.
- After a goal, the game restarts with a throw-off at half court for the team that was scored on.

PENALTIES AND VIOLATIONS

- Players cannot enter either goal crease except in the act of shooting. If an offensive player enters with or without the ball, the defensive team gets the ball for a free throw.
- Players can shoot while jumping into the crease, however, they must take off before the crease and the shot must be released before the player lands on the ground inside the crease. If the shooter lands on the ground before they throw the ball, it becomes the goalie's ball.
- If a player is fouled and their opponent does not call it, they are allowed to make the call. **This procedure must follow these guidelines:**
 - If the GC agrees with the call, the violation/foul will stand. A throw-in or free-throw will take place.
 - If the GC disagrees with the player's call, then a throw-in will be awarded to the team who had possession at the time of the foul. **All free-throws and throw-ins are indirect** (a teammate must touch the ball before scoring).
- A player may not kick the ball or play the ball with the legs below the knees.
- Players cannot dive on the floor to play a ball.
- A defensive player may not contact, hold, hit or trip an offensive player.
- A defensive player is not allowed to reach in.
- A penalty throw is awarded when a foul destroys a clear goal scoring opportunity. The player who was fouled will go to top of the goalie crease and is awarded one clear shot against the goalie.