



SUSF Interfaculty Sport – European Handball Competition

LAWS OF THE GAME

TEAM

- Maximum of FIVE (5) players on the court at any one time. (one of the players must be nominated as goalkeeper)
- Each team must have MINIMUM of two (2) female players on the court at any time.
- Unlimited numbers of reserves are allowed.

EQUIPMENT AND ATTIRE

- Equipment (a match ball) is provided.
- No equipment is provided for team practice and warm up.
- Appropriate active wear is encouraged; team uniforms are not compulsory and same colour team shirts are recommended.
- Joggers and runners are acceptable; enclosed and appropriate footwear must be worn.

COURT AREA

- **The field dimensions are the same as a Netball court (30m x 15m)**
- Goalkeepers' boundary consists of the Netball goal area (large semi circle).

FORMAT/RULES

- It is a knockout competition.
- Each game consists of 2 x 12 minutes halves with a 1 minute half time break.
- Unlimited substitutions are permitted, change must be made in a team's own half of the court.
- In the situation of a draw, the winner will be determined by a three (3) person penalty shoot out; if tied after 3, it will be sudden death.

Playing The Ball

Players are allowed to:

- ✓ Dribble the ball for an unlimited amount of time (same rules as "double-dribble" in basketball).
- ✓ Run with the ball for up to three steps before and after dribbles.
- ✓ Hold the ball for three seconds (not including dribbles).

Players are NOT allowed to:

- ✗ Endanger an opponent.
- ✗ Pull, hit or punch the ball out of the hands of an opponent.
- ✗ Contact the ball below the knees.

Goalkeeping / Goal Area

- Only the GOALKEEPER may play the ball in the Goal Area
- All shots on goal must be attempted from outside the crease
- Goalkeepers are allowed out of the goal area but must not retain possession if they are outside the Goal Area.
- Specific game rules can be referred in [this link](https://handballaustralia.org.au/handball/rules-of-the-game/) (https://handballaustralia.org.au/handball/rules-of-the-game/)

OFFICIALS & MISCONDUCT

- Referee's discretion on calls are final
- Any misconduct on decisions can result in offending players being asked to leave the field