



# Handball

## Sport Rules

*Special Olympics*





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## **1. INTRODUCTION**

### **1.1 Terminology**

- 1.1.1 For the sake of simplicity, this rule book generally uses the male form of words with respect to female and male players, officials, referees, and other persons. However, the rules apply equally to both female and male participants.

### **1.2 Fair Play**

- 1.2.1 Handball in Special Olympics is based on the principles of "Fair Play". Every decision has to be taken in accordance with these principles.
- 1.2.2 Fair Play means:
  - 1.2.2.1 Respect the health, integrity and body of the players;
  - 1.2.2.2 Respect the spirit and philosophy of the game;
  - 1.2.2.3 Respect the flow of the game, but do not tolerate an advantage taken by violating the Rules.

## **2. GOVERNING RULES**

The Official Special Olympics Sports Rules for Handball shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon International Handball Federation (IHF) Rules for handball found at [www.ihf.org](http://www.ihf.org). IHF or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Handball or Article I. In such cases, the Official Special Olympics Sports Rules for Handball shall apply. In the current version, the official Handball Rules of the Game have been summarized and edited in a more compact version. In any case, the full length version of the Rules can be found in the IHF's Rules of the Game book.

Refer to Article 1, <http://media.specialolympics.org/resources/sports-essentials/general/Sports-Rules-Article-1.pdf>, for more information pertaining to Codes of Conduct, Training Standards, Medical and Safety Requirements, Divisioning, Awards, Criteria for Advancement to Higher Levels of Competition, and Unified Sports.

## **3. OFFICIAL EVENTS**

The range of events is intended to offer competition opportunities for athletes of all abilities. Programs may determine the events offered and, if required, guidelines for the management of those events. Coaches are responsible for providing training and event selection appropriate to each athlete's skill and interest.

The following is a list of official events available in Special Olympics:

- 3.1 Individual Skills Competition
- 3.2 Team Competition
- 3.3 5-A-Side Handball
- 3.4 Unified Sports® Team Competition

## **4. MARKING THE HANDBALL COURT**

- 4.1 Handball Court Diagram (Diagram #1)



**Special Olympics**

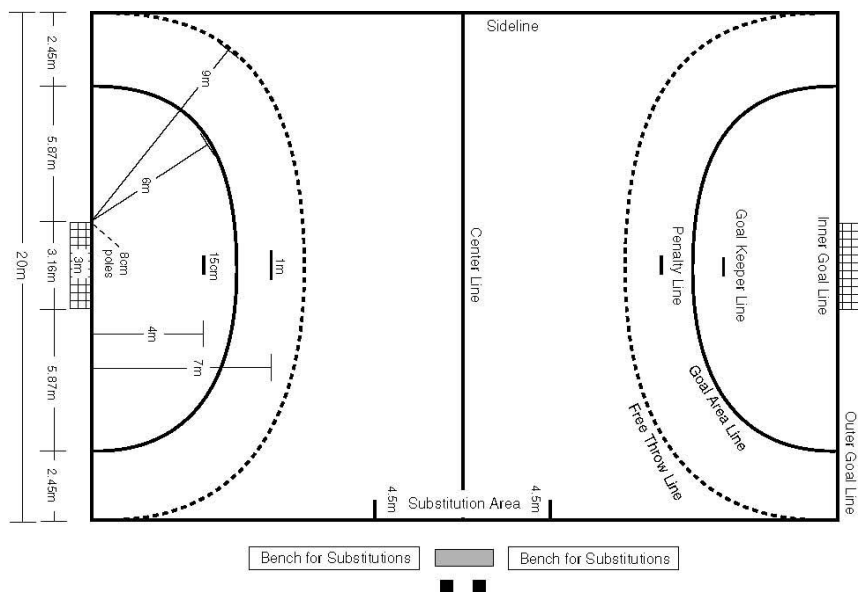
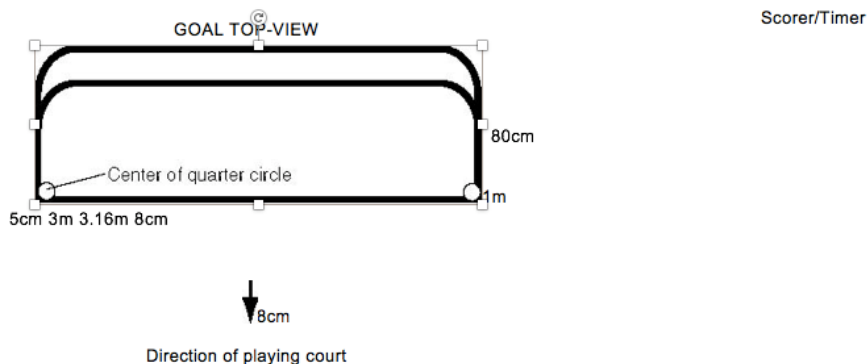


Diagram illustrating the construction of a goal opening in three steps:

- Step 1: A quarter-circle arc is drawn from the center of the goal line.
- Step 2: A quarter-circle arc is drawn from the center of the goal line, passing through the center of the goal opening.
- Step 3: A straight line connects the two quarter-circles.

The goal opening is labeled "Goal Opening".





- 4.3 Setup
  - 4.3.1 Marking the handball court can take in excess of one hour. Ample time must be provided to ensure proper setup.
  - 4.3.2 All court lines (Diagram #1) in handball are referred to by their measurement in meters.
- 4.4 Goal Area Line
  - 4.4.1 The most significant line on the court is the six-meter (19 ft, 8 1/4 in) line or goal area line.
- 4.5 Goal Area
  - 4.5.1 The area enclosed by the six-meter (19 ft, 8 1/4 in) line is called the goal area.
- 4.6 Free Throw Line
  - 4.6.1 The broken line is the nine-meter (29 ft, 6 3/8 in) line or the free throw line.
- 4.7 Penalty Throw Line
  - 4.7.1 The seven-meter (22 ft, 11 5/8 in) line is the penalty throw line.
- 4.8 Court Measurements
  - 4.8.1 An official handball court is 20 meters (65 ft, 7 3/8 in) in width by 40 meters (131 ft, 2 3/4 in) in length.
- 4.9 Adaptations
  - 4.9.1 Adaptations in the size of the court may be made (e.g., regulation basketball court dimensions). For a handball court layout, it is more important to maintain the width, whereas the length may be shortened with little impact on the game itself.
- 4.10 Court Lines
  - 4.10.1 The width of all court lines is 5 centimeters (2 in), excluding the goal lines which shall be eight centimeters wide between the goalposts. The width of all lines is included in all measurements.
- 4.11 Goal
  - 4.11.1 The goal is three meters (9 ft, 10 1/8 in) wide by two meters (6 ft, 6 3/4 in) high, with posts that are eight centimeters (3 1/8 in) square. The goals are placed equidistant between the two sidelines. The rear edge of the goal post is placed flush with the rear edge of the goal line.
- 4.12 Marking Goal Area Line and Free Throw Line
  - 4.12.1 The goal area line and the free-throw line are measured in the following manner (see Diagram #2: Marking the Handball Court):



- 4.12.1.1 Determine the length and width of the court which can be set up in the facility.  
NOTE: It is essential to include a one-meter (3 ft, 3 3/8 in) safety margin along both sidelines, and a two-meter (6 ft, 6 3/4 in) safety margin behind both goals.
- 4.12.1.2 Center the goals on the goal lines.
- 4.12.1.3 A mark is placed at the inside back corner of each inner goal post. The goal is moved back so it will not interfere with the measurements.
- 4.12.1.4 Starting at one goal post, the tape measure is placed on the inner goal-post mark and extended 6 meters (19 ft, 8 1/4 in) straight out from the goal post (perpendicular to the goal line). Using the tape as the radius, a quarter circle is marked by making an arc back to the outer goal line (step one).
- 4.12.1.5 Repeat the procedure at the other goal post (step two).
- 4.12.1.6 Directly in front of the goal posts, a straight line connects the two quarter circles (step three).
- 4.12.1.7 The process is repeated for the free-throw line, having a nine-meter (29 ft, 6 3/8 in) radius by using pieces of tape 15-centimeters (6 in) long to create a broken-line effect (see Diagram #1).
- 4.13 Goalkeeper's Restraining Line
  - 4.13.1 The goalkeeper's restraining line, which measures 15 centimeters (6 in) in length is marked four meters (13 ft, 1 1/2 in) out from the center of the inner goal line.
- 4.14 Penalty Throw Line
  - 4.14.1 A penalty throw line, measuring one meter (3 ft, 3 3/8 in) in length, is marked seven meters (22 ft, 11 5/8 in) out from the center of the goal line.
- 4.15 Center Line
  - 4.15.1 The center line connects the midpoints of the two side lines.
- 4.16 Timekeeper/Scorekeeper Table and Benches for Substitutes
  - 4.16.1 The table for the timekeeper and scorekeeper and the benches for the substitutes have to be placed in such a way that the scorekeeper/timekeeper can see the substitution lines. The table should be placed closer to the side line than the benches, but at least 50cm outside the side line.

## **5. EQUIPMENT**

- 5.1 Balls
  - 5.1.1 The leather (or synthetic), women's-size ball (IHF Size 2) with a circumference of 54-56 centimeters and a weight of 325-375 grams will be used at World Games.
  - 5.1.2 The use of glue/adhesives of any kind is not allowed
  - 5.1.3 Inflation of the ball should be checked by pressing the thumb into the cover. If the ball does not compress slightly, it is over-inflated.
  - 5.1.4 For every game there must be at least two balls available. The reserve ball must be immediately available at the timekeeper's table during the game. The referees decide when to use a reserve ball.
- 5.2 Goals
  - 5.2.1 A goal consists of two goal posts, a crossbar painted in contrasting bands of color and a net. The interior height of each goal is two meters (6 ft, 6 3/4 in) high by three meters (9 ft, 10 1/8 in) wide, and the net is one meter (3 ft, 3 3/8 in) deep at the base of the goal (see Diagram #2).



- 5.2.2 The rear side of the goalposts shall be in line with the rear edge of the goal line. The goalposts and the crossbar must have an 8 centimeter square cross section. The goals must have a net, that should be attached in such a way that a ball thrown into the goal normally remains in the goal.

### 5.3 Player Uniforms

- 5.3.1 The court players of each team must be uniformly dressed and wear numbers 1–99, on the front and back of the uniform. The numbers on the front shall be at least 10 centimeters (4 in) and the numbers on the back at least 20 centimeters (8 in).
- 5.3.2 The goalkeepers of each team must wear distinctive colors, different from the court players of both teams and the opposing goalkeeper. Team uniforms may not be black.

## 6. PERSONNEL

### 6.1 Referees

- 6.1.1 There will be two referees, the court referee and the goal-line referee, each with equal authority.
- 6.1.2 Both referees shall be responsible for keeping score and recording all warnings, suspensions, disqualifications and exclusions.
- 6.1.3 Only the referees may determine when the playing time should be interrupted and resumed.
- 6.1.4 Decisions made by the referees that are based upon their observation of the facts are final and may not be appealed.
- 6.1.5 Appeals may only be made when there is a question pertaining to the referee's proper application of the rules.

### 6.2 Timekeeper/Scorekeeper

- 6.2.1 There is one timer and one scorer who assist the referees.
  - 6.2.1.1 The timer is responsible for keeping the playing clock, monitoring suspensions and ensuring that substitutions are made properly.
  - 6.2.1.2 Suspension Time
    - 6.2.1.2.1 All suspensions are two minutes in length.
    - 6.2.1.2.2 The suspension time begins once the referee blows the whistle to signal resumption of play. At the conclusion of two minutes, the timer shall inform the player or his/her coach.
  - 6.2.1.3 Free Throw/Penalty Throw
    - 6.2.1.3.1 If a referee awards a free throw or penalty throw before the end of either half of the game and time expires, the timer shall wait until the throw has been made before he/she gives the signal to conclude play. Play shall stop when:
      - 6.2.1.3.1.1. A goal is scored and no violations are committed. It does not matter if the ball is touched by the goalkeeper or a defensive player.
      - 6.2.1.3.1.2. If the ball does not enter the goal or touches an offensive player.
- 6.2.2 The scorekeeper checks the team roster on the score sheet and makes the necessary notations (goals, warnings, etc.)

## 7. TEAM COMPETITION RULES





**7.1 Team Roster**

7.1.1 It is recommended that a team roster consists of 12 players.

7.1.2 A team must start a game with seven players (six court players and one goalkeeper).

7.1.3 Substitutes may be brought into the game at any time with no limits on the number of substitutions permitted. A player being replaced by a substitute must leave the court before his/her replacement may enter the court. The substitution sequence must transpire in the team's marked substitution area. A faulty substitution results in a two-minute suspension for the entering player.

7.1.4 There must be a minimum of four court players and one goalkeeper present in order for a match to begin.

**7.2 Divisioning**

7.2.1 Teams will be divisioned according to:

7.2.1.1 Scores compiled from the four Handball Skills Assessment Tests (HSAT) of spot shot, speed pass, dribble and power throw. (These tests are for player/team assessment only and are not competition events for medals and ribbons. Information regarding these HSAT follow in Section 11), and;

7.2.1.2 A classification round of games.

7.2.2 Coaches must submit the HSAT scores of all the team members prior to conducting the competition. The "team score" shall be determined by adding the top seven players' scores and then dividing that total by seven. Other pre-divisioning information may also be required by the Competition Committee.

7.2.3 Teams are initially grouped in divisions according to their HSAT scores. A classification round shall then be conducted as a means of finalizing the divisioning process.

7.2.4 In the classification round, teams will play two or more games (recommended playing time of six minutes). Each team will be required to play all team members and identify its six best court players and the best goalkeeper by writing their names on the team roster.

**7.3 Playing Time**

7.3.1 The length of a match shall be two, 30-minute halves with a 10-minute intermission. Play shall be continuous and the time shall only be stopped when the referee indicates a timeout.

7.3.2 A toss of the coin prior to the start of the game shall be held. The winner of the toss may choose either possession of the ball at the start of the game or the goal it wishes to defend.

7.3.3 Following the intermission, teams change sides and switch benches, and the throw-off is taken by the team other than the one that started the match.

7.3.4 Overtimes

7.3.4.1 Overtimes may be played to break a tie at the end of regulation play in competitions where a definite winner needs to be determined.

7.3.4.2 Overtime shall consist of two, five-minute halves with a one-minute intermission.

7.3.4.3 If a tie still exists at the conclusion of this period, penalty throws will be used. Each team shall be given the opportunity to convert on five penalty throws taken by five different players. Teams shall alternate throwing, and the team with the most number of goals scored shall be declared the winner.

7.3.4.4 If a tie still exists after these five throws are taken, then both teams will be given the opportunity to throw until such time that one team scores and the other fails in its attempt.

7.3.5 Timeouts



- 7.3.5.1 Each team is permitted one 60-second timeout per half. A team timeout must be requested by a team official by leaving a "green card" on the table in front of the timekeeper and scorekeeper. A team may request its team timeout only when it has possession of the ball (in play or out of play). Provided that the team does not lose possession before the timekeeper has time to whistle (in which case the "green card" would be returned to the team), the team will be granted the team timeout immediately. The referee will then signal a timeout. The referee may also call a timeout for an injured player.
- 7.3.5.2 NOTE: If a timeout is called for an injured player, that player **MUST** be substituted. After play has resumed, the injured player may return to the game, using normal substitution procedures.
- 7.3.5.3 A timeout is obligatory when:
  - 7.3.5.3.1 A two-minute suspension, disqualification or exclusion is given.
  - 7.3.5.3.2 A 7-meter throw is awarded.
  - 7.3.5.3.3 A team timeout is granted.
  - 7.3.5.3.4 There is a faulty substitution or extra players enter the court.
  - 7.3.5.3.5 There is a whistle signal from the timekeeper or the technical delegate.
  - 7.3.5.3.6 When consultations between the referees are necessary in accordance with rule 18:9.

#### 7.4 Court Restrictions

##### 7.4.1 Goal Area

- 7.4.1.1 Only the goalkeeper is allowed on or inside the goal area line.
- 7.4.1.2 The only time an offensive player is permitted inside the goal area line is if he/she takes off from outside the goal area line and shoots the ball at the goal before landing. A goal shall not be awarded unless the player releases the ball before landing in the goal area. To avoid interference with other players, that player must then exit the goal area as directly and as quickly as possible upon landing.
  - 7.4.1.2.1 If an offensive player steps into the goal area or on the goal area line, the defensive team is awarded a free throw from the spot of the violation.
- 7.4.1.3 If the defense gains an advantage against an opponent with the ball by being in the goal area, a penalty throw is awarded to the offense.

##### 7.4.2 The Goalkeeper

- 7.4.2.1 The goalkeeper may move freely in his/her own goal area. He/she may leave the area provided he/she is not in possession of the ball. Once out of his/her goal area, the goalkeeper may move in the same way as a court player and is subject to the same rules. The goalkeeper may not reenter the goal area with the ball.
- 7.4.2.2 Any goalkeeper may substitute for a court player. A court player may substitute as a goalkeeper. At any given time, there shall be only one player per team on the court designated as a goalkeeper.

#### 7.5 Playing the Ball

- 7.5.1 A player is allowed to run three steps with the ball or hold it for three seconds.
- 7.5.2 A player has no time restrictions placed on him/her for dribbling the ball. However, as soon as the ball is held with one or both hands, it must be released after three steps or within three seconds. A player may run three steps, dribble any number of times, pick the ball up and run three more steps. If the player dribbles again after the last sequence of steps, the call is



double dribble. As in basketball, players are not permitted to dribble the ball after they have dribbled it and picked up the ball. A double dribble also occurs when two hands are used to bounce the ball. A double dribble shall result in a free throw for the opponent.

- 7.5.3 Offensive players are allowed to throw, hit or punch the ball in virtually any direction using the hands, arms, head, back, thigh or knee.

7.5.3.1 Players are not permitted to play the ball in the following ways:

7.5.3.2 Touch the ball with their lower legs (below the knee) or feet.

7.5.3.3 Dive for a ball that is rolling or lying on the ground. Diving is never permitted when it endangers another player.

7.5.3.4 Deliberately throw the ball across the sidelines or across one's own goal line outside the goal.

7.5.3.5 Pass the ball in the air with the intention of catching it themselves; this constitutes an air dribble.

**7.6 Playing Behavior Exhibited Toward An Opponent**

**7.6.1 Permissible Behavior**

7.6.1.1 Using the flat of the hand to lift the ball upward from an opponent.

7.6.1.2 Defensive players may use their body to obstruct an opponent either with or without the ball.

**7.6.2 Prohibited Behavior**

7.6.2.1 Pushing, holding, tripping or hitting an opponent, or endangering him/her in any other way.

7.6.2.2 Endangering the opponent with the ball when taking a shot. Offensive players must make a bona fide attempt to avoid hitting defenders when taking a shot. However, a defensive player's task is to block shots, and a player shooting shall not be penalized if the defender is actively involved in the play unless the shot is deemed dangerous by the referee.

7.6.2.3 An offensive player charging into a defensive player.

7.6.2.4 To pull, hit or punch the ball out of the hands of an opponent.

**7.7 Throws**

**7.7.1 Throw-off**

7.7.1.1 A throw-off initiates play at the start of the game, the start of the second half and after a goal has been scored.

7.7.1.2 After the referee has blown the whistle, the throw-off must be taken within three seconds.

7.7.1.3 The throw-off is taken from the center of the court with a tolerance sideways of about 1.5 meters in any direction. The teammates of the thrower are not allowed to cross the center line prior to the whistle signal.

7.7.1.4 For the throw-offs, all opponents must be at least three meters (9 ft, 10 1/8 in) from the player making the throw.

7.7.1.5 A throw-off can lead directly to a goal.

**7.7.2 Throw-in**

7.7.2.1 A throw-in is awarded if the ball crosses the sideline.

7.7.2.2 A throw-in is also awarded if a defensive player (other than the goalkeeper) last touched the ball before it crossed the outer goal line. This throw-in is taken from the corner of the court on the side of the goal where the ball crossed the goal line.



- 7.7.2.3 A throw-in is taken without a whistle and may be taken by any player of the team in possession. The player taking the throw-in must place one foot on the sideline.
  - 7.7.2.4 The defense must be three meters (9 ft, 10 1/8 in) away when the ball is thrown in.
  - 7.7.2.5 A goal can be scored directly from a throw-in.
- 7.7.3 Goal Throw
  - 7.7.3.1 A goal throw is taken when the ball passes over the goal line due to the actions of the attacking team or the goalkeeper. The goal throw is taken by the goalkeeper from within the goal area without a whistle from the referee.
  - 7.7.3.2 NOTE: If the goalkeeper takes possession of the ball in his/her goal area, the ball remains in play.
  - 7.7.3.3 A goal can be scored directly from a goal throw.
- 7.8 Scoring
  - 7.8.1 A goal is scored when the entire circumference of the ball completely crosses the goal line between the two goal posts under the crossbar.
  - 7.8.2 Play stops as soon as the referee blows the whistle. Consequently, a goal will not be awarded if it is scored after the whistle is blown.
- 7.9 Free Throws
  - 7.9.1 A free throw is awarded in the following situations:
    - 7.9.1.1 A player exhibiting prohibited behavior towards an opponent.
    - 7.9.1.2 The ball is played improperly.
    - 7.9.1.3 The goal area line is touched or crossed.
    - 7.9.1.4 A player behaves in an unsportsmanlike manner.
    - 7.9.1.5 Players deliberately waste time (passive play).
    - 7.9.1.6 A player is substituted incorrectly.
    - 7.9.1.7 A goalkeeper crosses the goal area line with control of the ball.
    - 7.9.1.8 After a game is interrupted for situations other than rules violations (i.e., player injury).
    - 7.9.1.9 When an offensive team takes a free throw or penalty throw in an illegal manner.
    - 7.9.1.10 If play is interrupted because the ball touched the ceiling or a fixture above the court, and the ball stays within the playing court, the game is restarted with a free throw for the team which did not last touch the ball. The free throw is taken, after the whistle signal, in principle from the place below where the ball touched the ceiling or fixture.
    - 7.9.1.11 If a player intentionally plays the ball into his own goal area and the goalkeeper touches the ball.
    - 7.9.1.12 When the goalkeeper brings the ball back into the goal area.
  - 7.9.2 A free throw is taken immediately, without the referee handling the ball, from the spot on the court where the violation occurred. The thrower must have one foot continuously in contact with the court, and must release the ball within three seconds.
    - 7.9.2.1 If the infringement by the defense occurred between the goal area (6 m/19 ft, 8 1/4 in) and free-throw (9 m/29 ft, 6 3/8 in) lines, the free throw is taken from a point outside the free-throw line closest to the spot where the foul was committed.
  - 7.9.3 The players of the offensive team must be outside the opposing team's free-throw line, while the defense must remain three meters (9 ft, 10 1/8 in) away from the ball.
  - 7.9.4 A goal may be scored directly from a free throw.



**7.10 7-Meter Throw**

**7.10.1 A 7-meter throw is awarded in the following situations:**

- 7.10.1.1 When a clear chance for scoring a goal is prevented by a rule infringement anywhere on the court. For example, at the six-meter (19 ft, 8 1/4 in) line, a defensive player grabs an offensive player's arm from behind as he/she is preparing to shoot.
- 7.10.1.2 When a player deliberately enters his/her own goal area to stop the ball or gain other advantages over an attacking player in possession of the ball.
- 7.10.1.3 When there is an unwarranted whistle signal at the time of a clear chance of scoring or a clear chance of scoring is destroyed through the interference of someone not participating in the game, for instance a spectator entering the court or stopping the players through a whistle signal. By analogy, this rule also applies in the case of a "force majeure", such as a sudden electrical failure, that stops the game precisely during a clear chance of scoring.

7.10.2 The penalty throw is taken as a shot at the goal within three seconds of the referee's whistle signal.

7.10.3 A 7-meter throw is taken behind the seven-meter (22 ft, 11 5/8 in) line. This line may not be touched.

7.10.4 The thrower must keep one foot in contact with the floor until the ball is released.

7.10.5 All of the other players must stand behind the free-throw line, and opposing players must remain three meters (9 ft, 10 1/8 in) from the thrower.

7.10.6 The goalkeeper can position himself/herself anywhere between the goal and four-meter (13 ft, 1 1/2 in) line.

**7.11 Warnings and Suspensions**

7.11.1 Unsportsmanlike conduct, unusually rough play or intentionally repeated personal fouls results in a free throw for the opposing team and a warning issued to the player by the referee, or a two-minute suspension from the game. A two-minute suspension from the game will be issued in the following instances:

- 7.11.1.1 The ball is not put down immediately by a player when a free throw is called against his/her team.
- 7.11.1.2 A player improperly enters the game as a substitute.
- 7.11.1.3 A team repeatedly commits violations when the opponent is taking a throw.
- 7.11.1.4 After a player has been given a warning or a previous suspension, and he/she commits another foul.
- 7.11.1.5 Each time a player commits a foul after his/her team has been given three warnings.

7.11.2 A two-minute suspension from the game may be given without any previous warnings if, in the judgment of the referee, a player commits a serious foul or displays unsportsmanlike conduct.

7.11.3 During a suspension penalty, the suspended player's team must play with one less player. A two-minute suspension carries over to the second half of the game if it has not been completed by the end of the first half. The same applies from regulation time to overtime, and during overtime.

7.11.4 The referee should only give one warning to a player and a total of three warnings to a team. Two-minute suspensions are given if either of these limits are exceeded. The referee is not required to give a warning prior to issuing a suspension.



- 7.11.5 If a player who has just received a two-minute suspension for an infraction on the playing court is guilty of unsportsmanlike conduct, either while leaving the court or in the substitution area before the game has restarted, the player shall be given an additional two-minute suspension.
  - 7.11.5.1 If the initial two-minute suspension is the player's second suspension, the additional suspension leads to disqualification.
  - 7.11.5.2 If, however, the initial suspension is already the player's third suspension, thus leading in itself to a disqualification, then the team will be charged with an additional suspension (which is not to be recorded for any particular player).
- 7.12 Disqualification
  - 7.12.1 A player is disqualified in the following instances:
    - 7.12.1.1 After receiving a total of three, two-minute suspensions.
    - 7.12.1.2 Serious physical fouls committed against another opponent.
  - 7.12.2 When a player is disqualified, he/she may be substituted for by another player following the conclusion of the required two-minute suspension.
- 7.13 Exclusion
  - 7.13.1 A player shall be excluded from the game when he/she commits an assault on an opponent or referee while on the court.
  - 7.13.2 An excluded player is prohibited from further participation in the game and may not remain on the bench.
  - 7.13.3 The excluded player's team may not insert a substitute for the remainder of the game.
- 7.14 Optional Modifications to Team Competition
  - 7.14.1 The following are modifications of IHF Rules which may be used when conducting Special Olympics handball competitions. These modifications are optional, and it remains the responsibility of each individual program to determine whether they will be employed.
    - 7.14.1.1 The length of the court may be modified to no less than the length of a regulation basketball court (26 m). Maintaining a width size as close to the regulation handball court dimension (20 m/65 ft, 7 3/8 in) as possible is more important than the length of the court. However, an effort should be made to secure a large gym or field house that would have room for a regulation-size court.
    - 7.14.1.2 Beginning players and lower ability players may want to use a foam, air-filled ball for competition. The recommended foam handball weighs 350 grams (12.3 oz) and has a 17.145-centimeter (6 3/4 in) diameter and 53.34-centimeter (21 in) circumference.
    - 7.14.1.3 The time of the game should be no less than two, 15-minute halves (running time) with at least a five-minute halftime. The type of tournament play, number of games played per day and the physical conditioning of the players will be factors in determining the length of the halves. Time may be adjusted by mutual agreement of the coaches or by order of the referee or Tournament Director.
    - 7.14.1.4 For beginning players, youth and lower ability players, referees may want to limit contact to what is allowed in a basketball game. There are no individual foul limits. However, misconduct will result in a warning to the player and the coach. A second warning of any kind to an individual player will result in a two-minute suspension and the team plays short. Three, two-minute suspensions result in the disqualification of that player.





## **8. 5-A-SIDE HANDBALL RULES**

Except as indicated below, the rules for 5-a-side Handball are the same as the Rules for Team Competition.

### **8.1 Divisioning**

- 8.1.1 Teams will be divisioned according to a team score compiled from the Individual Skills Competition scores and a classification round of games.
- 8.1.2 Coaches must submit their team's Individual Skills Competition team score prior to conducting competition. The team score is determined by adding the top five players' scores and then dividing that total by five.
- 8.1.3 Teams are initially grouped in divisions according to their Individual Skills Competition team scores. A classification round shall then be conducted as a means of finalizing the divisioning process.
- 8.1.4
- 8.1.5 In the classification round, teams will play one or more games with each game lasting no less than six minutes. Each team will be required to play all five of the players whose Individual Skills Competition scores were submitted to comprise the team score.

### **8.2 The Goal of 5-A-Side Handball**

- 8.2.1 5-a-side handball may be used as a means of increasing the number of teams for Special Olympics handball competition.
- 8.2.2 It is also a means of assisting athletes with lower ability levels progress to regulation play.

### **8.3 Playing Area and Equipment**

- 8.3.1 If the length of a gym is less than 26 meters, the measurement of the goal area line may be reduced to five meters (16 ft, 4 3/4 in) and the free-throw line reduced to eight meters (26 ft, 3 in).
- 8.3.2 The foam, air-filled team handball is recommended (350 g, 17.145 cm [6 3/4 in] in diameter and 53.34 cm [21 in] in circumference).

### **8.4 Team and Players**

- 8.4.1 A team may have up to nine players.
- 8.4.2 The game is played between two, five-player teams. One player on each team shall be the goalkeeper. Each team must start the game with three court players and a goalkeeper; allow for absence. Players are allowed to hold the ball for five seconds.

### **8.5 Duration of the Game**

- 8.5.1 The playing time of the game should be 20 minutes (running clock). There should be two equal halves a minimum of 10 minutes each with a five-minute interval between halves. Teams switch goals after halftime.
- 8.5.2 One 60-second timeout per half is allowed per team and the clock will stop. A player injury timeout may be called by the referee.
- 8.5.3 If overtime is required due to a tie at the end of regulation play, it will commence with a flip of a coin for possession. A one-minute intermission will follow regulation play, and each overtime period. The overtime is three minutes. If still tied after overtime, penalty shots will be taken per regulation rules.

### **8.6 Substitutions**

- 8.6.1 Players who do not substitute properly will be warned but will not receive a two-minute suspension. However, illegal substitution will result in a free throw for the opposing team.



**8.7 Playing Behavior Exhibited Toward an Opponent**

- 8.7.1 No contact: Contact is limited to what is allowed in a basketball game.
- 8.7.2 There are no individual foul limits. However, repeated fouls or dangerous play will result in a warning to the player.
- 8.7.3 A second warning of any kind to an individual player will result in a two-minute suspension and the team plays short.
- 8.7.4 Three, two-minute suspensions result in the disqualification of that player.

**9. UNIFIED SPORTS TEAM COMPETITION RULES**

**9.1 Roster**

- 9.1.1 The roster shall contain a proportionate number of athletes and partners.

**9.2 Lineup**

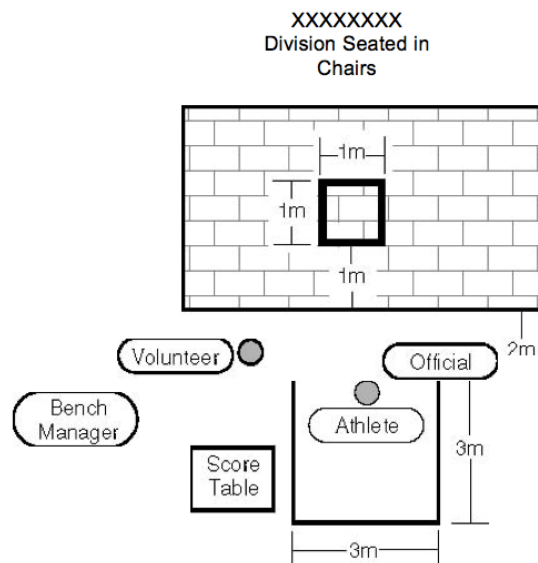
- 9.2.1 Special Olympics Handball rules allow a team to play with a maximum of seven and a minimum of five players on the court in order to continue a game. Only the following lineups are allowed: 4 athletes and 3 partners, 3 athletes and 3 partners, 3 athletes and 2 partners. Failure to adhere to the required ratio results in a forfeit.
- 9.2.2 Exception: If a two-minute suspension is issued to a partner when there are seven players on the court (4 athletes and 3 partners), a team does not remove an athlete at the same time in order to comply with the 3 athlete and 2 partner ratio.
- 9.2.3 Each team shall have an adult non-playing coach responsible for the lineup and conduct of the team during competition.

**10. INDIVIDUAL SKILLS COMPETITION RULES**

**10.1 Athletes**

- 10.1.1 This event is not for athletes who can play the game of Handball. Three events comprise the Individual Skills Competition: target pass, 10-meter dribble and shoot. The athlete's final score is determined by adding the scores achieved in each of these three events. Each event is diagrammed with the suggested number and placement.

**10.2 Event #1: Target Pass**



**10.2.1 Purpose**

10.2.1.1 To measure the skill with which an athlete can pass a handball with one hand.

**10.2.2 Equipment**

10.2.2.1 Two leather handballs, floor chalk or tape and measuring tape.

**10.2.3 Description**

10.2.3.1 A one-meter (3 ft, 3 3/8 in) square is marked on a wall using chalk or tape. The bottom line of the square shall be 1 meter from the floor. A three-meter square will be marked on the floor and 2.4 meters (7 ft, 10 3/8 in) from the wall. The athlete must stand within the square. The leading wheel axle of an athlete's wheelchair may not pass over the line. The athlete is allowed five passes. The team handball must be thrown WITH ONE HAND IN AN OVERHAND MOTION and must hit the wall on the fly to count as a legal pass.

**10.2.4 Scoring**

10.2.4.1 The athlete receives three points for hitting the wall inside the square.

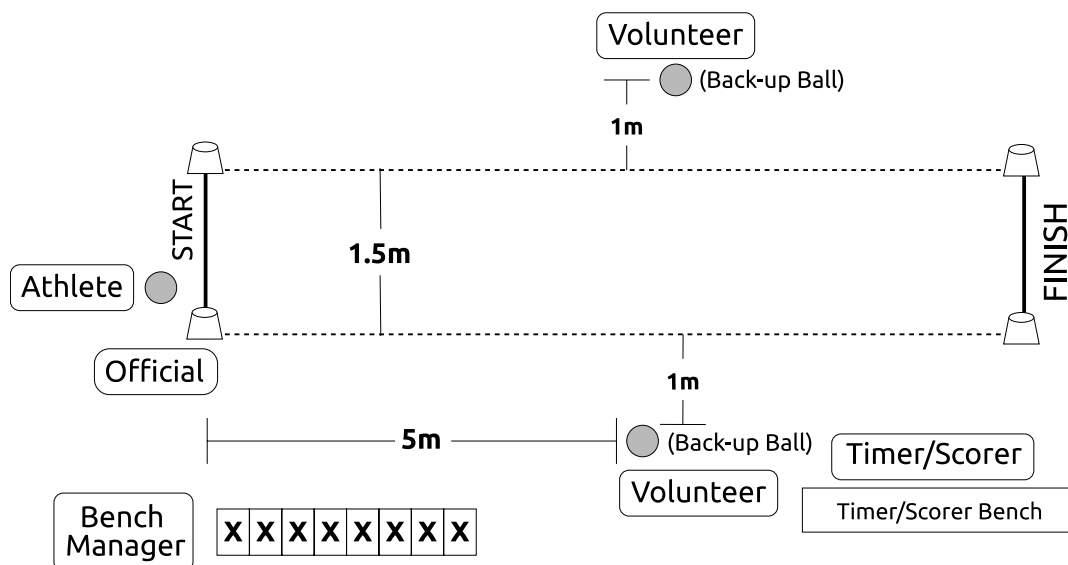
10.2.4.2 The athlete receives two points for hitting the lines of the square.

10.2.4.3 The athlete receives one point for hitting the wall on the fly not in or any part of the square.

10.2.4.4 The athlete receives one point for catching the ball on the fly or one or more bounces while inside the three-meter (9 ft, 10 1/8 in) square.

10.2.4.5 The athlete's score will be the sum of the points from all five passes.

**10.3 Event #2: 10-Meter Dribble**



### 10.3.1 Purpose

10.3.1.1 To measure the speed and skill with which an athlete can dribble a handball.

### 10.3.2 Equipment

10.3.2.1 Three leather handballs, four traffic cones, floor tape, measuring tape and a stopwatch.

### 10.3.3 Description

10.3.3.1 The athlete begins from behind the start line and between the cones. The athlete starts dribbling and moving with the signal from the official. The athlete dribbles the ball with one hand for the entire 10 meters. A wheelchair athlete must alternate taking two pushes followed by two dribbles for legal dribbling. The athlete must cross the finish line between the cones and must pick up the ball to stop the dribble.

10.3.3.2 If an athlete loses control of the ball, the clock continues to run. The athlete can recover the ball. However, if the ball goes outside the 1.5-meter lane, the athlete can either pick up the nearest back-up team handball or recover the errant ball to continue the event.

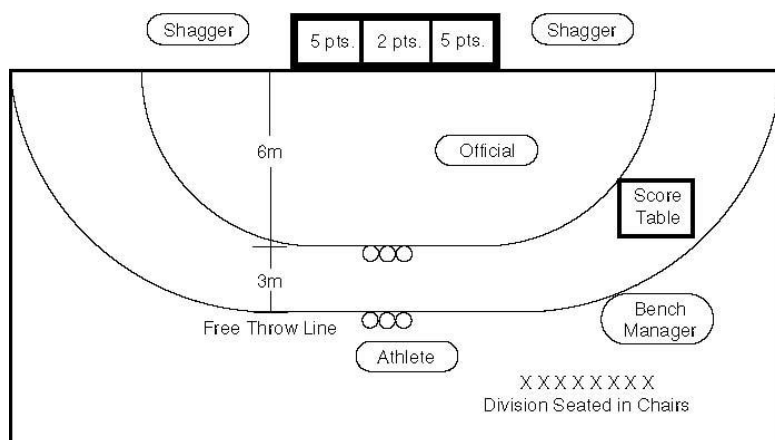
### 10.3.4 Scoring

10.3.4.1 The athlete will be timed from the signal, "Go," to when he/she crosses the finish line and picks up the handball to stop the dribble.

10.3.4.2 A one-second penalty will be added every time the athlete illegally dribbles (i.e. two-handed dribbles, etc.). The athlete will receive two trials. Each trial is scored by adding any assessed penalty time to the elapsed time and converting the total time to points based on the conversion chart.

10.3.4.3 The athlete's score for the event is his/her best of the two trials converted into points. (In case of a tie, the actual time will be used to differentiate place).

## 10.4 Event #3: Shoot



## 10.4.1 Purpose

10.4.1.1 To measure the accuracy of an athlete shooting a handball.

## 10.4.2 Equipment

10.4.2.1 Leather handballs (six recommended) and handball goal, floor tape and measuring tape.

## 10.4.3 Description

10.4.3.1 The goal area line (6 m [19 ft, 8 1/4 in] line) and the free-throw line (9 m [29 ft, 6 3/8 in] line) are marked on the court. Three balls are placed opposite the center of the goal on the six-meter (19 ft, 8 1/4 in) line and three balls on the nine-meter (29 ft, 6 3/8 in) line. The goal is divided into three equal sections with tape extending from the crossbar to the ground. Each section is one meter (3 ft, 3 3/8 in) wide.

10.4.3.2 The athlete has three shots on goal at distance of six meters (19 ft, 8 1/4 in) and three shots from nine meters (29 ft, 6 3/8 in). The athlete may score by shooting the ball directly into the goal or bouncing it one time.

## 10.4.4 Scoring

10.4.4.1 The athlete must shoot from behind the six meter (19 ft, 8 1/4 in) and nine meter (29 ft, 6 3/8 in) lines.

10.4.4.2 If the athlete steps on the line, the shot is not counted.

10.4.4.3 The athlete may follow through across the line after releasing the ball.

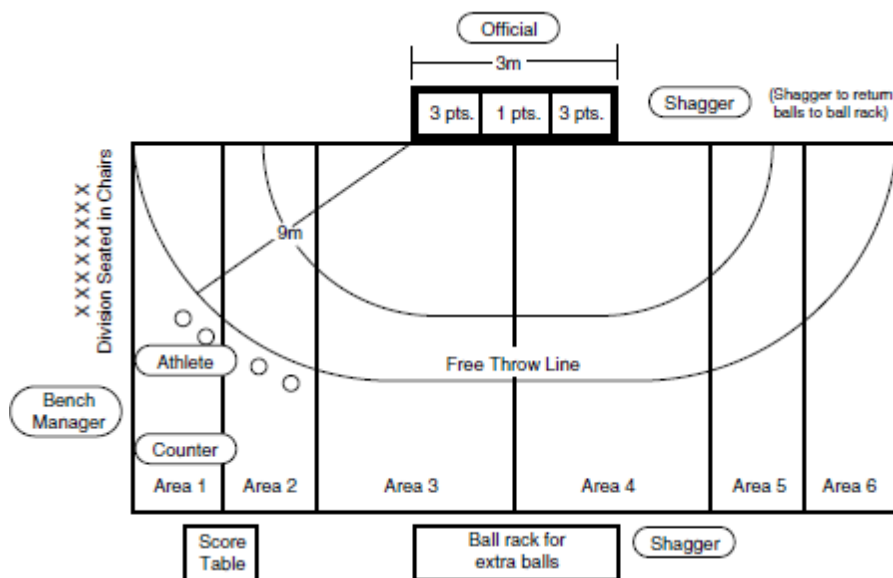
10.4.4.4 Five points are scored if the athlete shoots a ball into one of the outside one-meter (3 ft, 3 3/8 inches) sections.

10.4.4.5 Two points are scored if the athlete shoots the ball in the center section.

10.4.4.6 If the ball bounces two or more times, no score is awarded.

## 11. HANDBALL SKILLS ASSESSMENT TESTS (HSAT)

### 11.1 Spot Shot



## 11.1.1 Setup

11.1.1.1 Four leather handballs; measuring tape; floor tape (two colors); one handball goal.

11.1.1.2 Along the nine-meter (29 ft, 6 3/8 in) line (free-throw line), the following areas are marked on the floor from the center of the goal with different color tape. The number of each is marked on the floor outside the nine-meter line (29 ft, 6 3/8 in). The number should be large enough to be seen easily by the athlete.

### 11.1.1.3 Step One

11.1.1.3.1 Area One: Outside of six-meter (19 ft, 8 1/4 in) mark on left side of goal

11.1.1.3.2 Area Two: Between six-meter (19 ft, 8 1/4 in) mark and three-meter (9 ft, 10 1/8 in) mark on left side of goal

11.1.1.3.3 Area Three: Between three-meter (9 ft, 10 1/8 in) mark and center mark on left side of goal

11.1.1.3.4 Area Four: Between three-meter (9 ft, 10 1/8 in) mark and center mark on right side of goal

11.1.1.3.5 Area Five: three-meter (9 ft, 10 1/8 in) mark and six-meter mark on right side of goal

11.1.1.3.6 Area Six: Outside of six-meter (19 ft, 8 1/4 in) mark on right side of goal

### 11.1.1.4 Step Two

11.1.1.4.1 The goal is divided into three, one-meter (3 ft, 3 3/8 in) sections with tape extending from the crossbar to the ground. The first two sections next to the goal post shall be one-meter (3 ft, 3 3/8 in) wide (the size of the tape must be included in these measurements).

## 11.1.2 Test

11.1.2.1 One trial of 12 throws (two shots in each of six areas) will be taken by each athlete. The athlete shall take two shots from each of the six areas designated along the nine-meter (29 ft, 6 3/8 in) line. The athlete must shoot from behind the nine-meter (29 ft, 6 3/8 in) line.





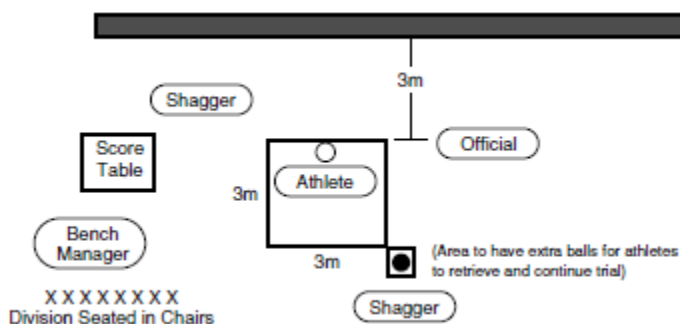
### 11.1.3 Scoring

- 11.1.3.1 Three points are awarded if the athlete shoots a ball into one of the outside one-meter (3 ft, 3 3/8 in) sections. If the ball hits the tape, it is recorded as three points.
- 11.1.3.2 The middle section is one point.
- 11.1.3.3 A perfect score will be 36 points (Three points for each shot landing in the areas next to the goal posts).
- 11.1.3.4 The athlete may follow through across the line after releasing the ball.
- 11.1.3.5 If the athlete steps on the line, the shot is not counted.
- 11.1.3.6 The athlete may score by shooting the ball directly into the goal or bouncing it one time.
- 11.1.3.7 If the ball bounces two or more times, no score is awarded.
- 11.1.3.8 The athlete's score is the total of points awarded for each throw.

### 11.1.4 Staging

- 11.1.4.1 Volunteers administer the test and are not to interfere with any athlete performing the test. Volunteer "A," the official, will instruct the group doing this particular test, while Volunteer "B" demonstrates the actual test. Volunteer "A" will give a handball to the player who will take the test, ask him/her if ready, will then say, "Ready, Go," and will identify the value of each shot. Other volunteers will retrieve and replace the thrown balls. Volunteer "C," the scorer, will record the athlete's score.
- 11.1.4.2 Each volunteer is to administer the test and manage the area only.

## 11.2 Speed Pass

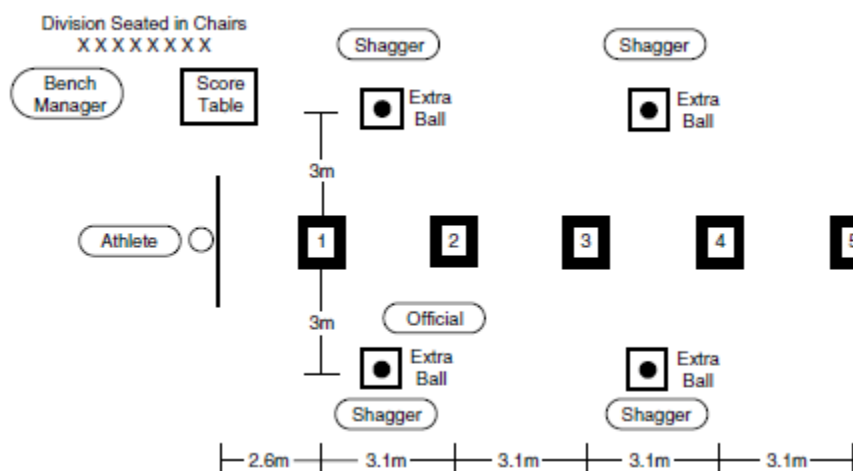


### 11.2.1 Setup



- 11.2.1.1 Two leather handballs; flat wall; measuring tape; floor tape; stopwatch. With tape, a box measuring three meters (9 ft, 10 1/8 in) by three meters (9 ft, 10 1/8 in) is marked off 2.4 meters in front of and parallel to a wall.
- 11.2.2 Test
  - 11.2.2.1 Time: 30 seconds for each of two trials.
  - 11.2.2.2 The athlete must stand inside the three-meter (9 ft, 10 1/8 in) box and throw the ball against the wall WITH ONE HAND IN AN OVERHAND MOTION. The ball must hit the wall while traveling through the air. The athlete then must catch or stop the ball upon its return while staying within the throwing box. Although the ball does not need to be fielded cleanly, the ball must be stopped or caught inside the box. If he/she is unable to stop or catch the ball within the box, he/she may retrieve it and continue. The athlete is judged on the number of successful catches/stops inside the box he/she has made within the 30-second trial.
- 11.2.3 Scoring
  - 11.2.3.1 One point is scored each time the pass hits the wall in the air and is caught or stopped within the box. No points are scored if the ball passes outside of the box without being caught or stopped. The athlete's best score of two, 30-second trials is counted.
- 11.2.4 Staging
  - 11.2.4.1 Volunteers administer the test and are not to interfere with any athlete who is performing the test. Volunteer "A," the official, will instruct the group doing this particular test, while Volunteer "B" demonstrates the actual test. Volunteer "A" will give a handball to the player who will take the test, ask him/her if ready, will then say, "Ready, Go," and will count how many successful passes the player makes in 30 seconds. Volunteer "B" who is standing behind the extra ball will retrieve and replace the ball whenever it goes out of play. Volunteer "C" will time and record the athlete's score. Each volunteer is to administer the test and manage the area only.

### 11.3 Dribble



## 11.3.1 Setup

11.3.1.1 Five leather handballs; stopwatch; five traffic cones; measuring tape; floor tape.

## 11.3.2 Test

11.3.2.1 The athlete is instructed to dribble the ball while passing alternately to the right and to the left of five obstacles placed in a line, three meters (9 ft, 10 1/8 in) apart, on a 15-meter course. When the last obstacle in the line is reached, the athlete should circle the end obstacle and continue dribbling the ball through the obstacles in the prescribed manner until the athlete crosses the start/finish line.

## 11.3.3 Scoring

11.3.3.1 The time (in seconds to nearest tenth) elapsed while the athlete is dribbling the ball is subtracted from 60 to determine the score. A deduction of five points will be assessed for each infraction, i.e., each cone missed and each major technical mistake, such as double dribble, two-handed dribble or carrying the ball. There will be only one, five-point deduction between cones. For infractions, the maximum total for deductions is 40 points. The best of the two trials is recorded.

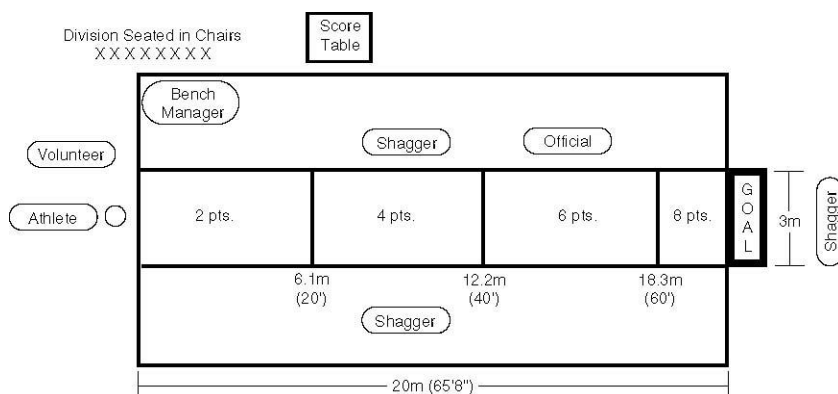
## 11.3.4 Staging

11.3.4.1 Volunteers administer the test and are not to interfere with any athlete performing the test.

11.3.4.2 Volunteer "A," the official, will instruct the group doing this particular test, while Volunteer "B" demonstrates the actual test.

11.3.4.3 Volunteer "A" will give a handball to the player who will take the test, ask him/her if ready, will then say, "Ready, Go," will identify infractions and report deducted points to the Scorer/Timer. Volunteers who are standing behind the extra balls will retrieve and replace them whenever they go out of play. Volunteer "C" will time and record the athlete's score. Each volunteer is to administer the test and manage the area only.

## 11.4 Power Throw



### 11.4.1 Setup

11.4.1.1 Three leather handballs; measuring tape; floor tape; handball goal or modification.

### 11.4.2 Test

11.4.2.1 Using available court length, a three-meter (9 ft, 10 1/8 in) corridor, 20 meters (65 ft, 7 3/8 in) in length is marked on the floor. From a distance of 20 meters (65 ft, 7 3/8 in), the athlete has three consecutive throws at the goal. Each throw earns points based on the distance and accuracy of the throw. The athlete may run three steps prior to throwing the ball.

### 11.4.3 Scoring

11.4.3.1 Based on the diagram above, the athlete will receive points for the distance in the air of each throw that lands in the corridor. Three balls landing in the corridor beyond the 18.3-meter line or in the goal would be a perfect score of 24 points (Three throws times eight points).

11.4.3.2 If an athlete throws the ball within the corridor but it goes directly over the goal, six points are awarded. (This athlete is not awarded the maximum of eight points because the ball failed to go in the goal). Throws not landing in the corridor score no points. Stepping on the line when throwing is a scratch, and no points are awarded. Taking more than three steps prior to the throw is also a scratch, and no points are awarded.

### 11.4.4 Staging

11.4.4.1 Volunteers administer the test and are not to interfere with any athlete who is performing the test. Volunteer "A," the official, will instruct the group doing this particular test, while Volunteer "B" demonstrates the actual test. Volunteer "A" will give a handball to the player who will take the test, ask him/her if ready, and will then say, "Ready, Go." Volunteer "C" will identify the value of each attempt. Volunteer "D" will record the athlete's score. Other volunteers will stand outside the corridor and retrieve the thrown balls. Each volunteer is to administer the test and manage the area only.



## APPENDIX

### GLOSSARY OF TERMS USED IN THE RULES OF THE GAME

**3 meters from the thrower:** The opponents are not allowed to stay closer than three meters to the player taking a free throw or throw-in.

**3 steps:** A player holding the ball is only allowed to make three steps, afterwards the player has to dribble or pass the ball.

**7m line:** A line 7 meters from the goal marking the spot where the penalty throw is to be executed.

**7m-shot/Penalty throw:** Direct shot taken from 7 meters. Form of punishment awarded for a foul when a player with the ball in their hand is fouled in clear scoring opportunity.

**Assault:** A forceful and deliberate attack against the body of another person.

**Bench for substitutes:** A bench in the substitution area where the substitute players have to remain seated.

**Centre line:** Line cutting the court in two halves marking the spot of the throw off

**Centre of the court:** The circle where the throw off is carried out.

**Changing goalkeepers:** The goalkeeper leaves court to be replaced by the substitute goalkeeper. This can occur during the game or before a penalty is executed

**Change of sides:** After the halftime break (or sometimes after coin toss) the teams change sides.

**Choice of sides:** After the coin toss the teams are allowed to decide which side they want to have their substitution area and goal.

**Coin toss:** Before the match the referees carry out a coin toss to determine who will start the game and who can choose ends.

**Court player:** All the players except for the goalkeepers.

**Cross the sideline:** The ball leaves the playing court on the side.

**Crossed the goal line:** The ball is in the goal

**Disallowing a goal:** The referee decides not to validate a score for any irregularity preceding it

**Disqualification:** A player may be disqualified by the referees for a number of cases specified in the regulations. In this case the referee shows the player the red card and the player cannot return on court for the remaining part of the game.

**Endanger:** To cause danger of injury to the opponent with any physical contact.

**Equipment:** The uniform and sports shoes of the players.

**Final signal:** The playing time ends with the automatic final signal from the scoreboard or from the timekeeper. If no such signal comes, the referee whistles to indicate that the playing time is over.

**Foot:** A foul when a player touches the ball with his foot or shin and the ball is given to the opponent team.

**Forewarning signal:** A signal that warns the teams that the time-out will end within ten seconds.

**Fouls:** Irregular action usually punished with a free throw.

**Free throw:** Free-throw is awarded by the referee for fouls or violations from the exact spot it took place.

**Free throw line:** Nine-meter line that the players have to leave before executing a free throw after a foul that occurred inside the nine-meter line.

**Goal area:** A D-shaped area six meters from the goal that is used only by the goalkeeper.

**Goal area line:** The line that defines the goal area; also called the "six-meter line".

**Goalkeeper throw:** When the ball crosses the outer goal line a goalkeeper throw is awarded.

**Goalkeeper's restraining line:** A line four meters from the goal line that marks the limit where a goalkeeper may advance to defend against a penalty throw; also known as the "four-meter line".

**Halftime break:** 10-minutes break after the first 30 minutes of the game.

**Interruption:** Stopping the game.

**Joint decision:** The referees may consult each other during a game to reach a common decision.

**Out of play:** When the ball is out of play, the game restarts with a throw corresponding to the reason of the interruption.



**Outer goal line:** A line marking the end of the court, not including the goal line; also called the "back line".

**Overtime:** According to the competition regulations, when a match ends in a draw, an overtime period may follow. This is played in two halves of five minutes with a one-minute break between them.

**Personal punishment:** Violations to the rule may lead to personal punishment awarded by the referee. This may begin with a warning, followed by more severe punishments such as disqualification, etc.

**Passive play:** Keeping the ball in a team's possession without making a recognizable attempt to attack and score.

**Playing time:** Two half times of 30 minutes.

**Public scoreboard clock:** A clock usually fixed on the wall of the sports hall where the spectators can see the results and the playing time.

**Re-enter:** A player that has been punished with a two-minute suspension is allowed to enter the playing court again.

**Sanction:** Any form of penalization by the referee.

**Save:** The goalkeeper stops a shot with hands, legs or any other body part.

**Scoreboard clock with automatic signal:** The board fixed on the wall that shows the score and signals at the end of 30 and 60 minutes.

**Serving a 2-minute suspension:** The player stays on the substitution bench for two minutes after receiving a suspension.

**Sideline:** The line that marks the side of the playing court

**Substitution:** Player entering the court to replace a teammate. A substitution may not be made until the other player has left the court. Players must enter and leave the playing area on their own half of the court and inside the substitution area.

**Substitution line:** Line that marks the area where the substitutions are allowed.

**Suspension:** Form of personal punishment, a 2-minute suspension.

**Team official:** A person representing the team, registered in the match report.

**Throw in:** When the ball leaves the playing court on the sides, a throw in is to be taken from the sideline.

**Throw-off:** A throw taken from the centre line to start the game or restart after a goal.

**Team time-out:** Each team can call a 1-minute time-out in both halftimes of the game. This can be done by the team official putting the green card on the jury table when the team is in ball possession.

**Unsportsmanlike conduct:** Physical and verbal expressions that are incompatible with the spirit of good sportsmanship are regarded as constituting unsportsmanlike conduct.

**Warning:** Yellow card punishment awarded by the referee as a first measure of progressive punishment.

**Whistle for the throw-off:** The referee gives the signal to start the game.

**Whistle signal:** Signal of the referee.