

HANDBALL

Events Offered

Team Competition

For Unified rules for this event contact the state office

National Governing Body

United States Team Handball Federation (USTHF) 1750 E. Boulder Colorado Springs, CO 80909

Offered locally and regionally only

SOMI-Specific Information Sport season: April-June

Team Size

A team roster shall consist of at least 8 players and no more than 12 players. A team must start the game with 7 players. During the course of play, a line up may not go below 5 players. If it does, the game is declared a forfeit. Each coach must see to it that each athlete has frequent opportunities to participate. You may register 3 athletes as your team alternates.

Handball Uniform

The handball uniform is a jersey or shirt, shorts, socks, and athletic shoes. It is recommended that teams bring two sets of uniforms—one set in light color and one set in dark color. Black uniforms are prohibited.

Shirts must be numbered with 4 inch numbers on front and 6 inch numbers on the back. Numbers 1-20 can be used with numbers 1, 12, and 16 reserved for goalkeepers. Color of numbers should contrast with shirt.

The goalkeeper must wear a jersey color different from the court players, and court players must wear identical uniforms. The goalkeeper can become a court player by changing his or her uniform although both uniforms must have the same number.

Jewelry is prohibited.

The armband of the team captain should contrast with color of jersey/shirt. Also see page 45 for the uniform guidelines that apply to all sports (i.e., no denim).

Equipment

The recommended team handball has a circumference of 54-56 cm and a weight of 325-400 grams.

A handball goal consists of two goal posts, a cross bar painted in contrasting bands of color, and a net. The opening of each goal is 6 feet and 6-3/4 inches high by 9 feet and 10-1/8 inches wide.

Shin guards and face masks are not allowed for players. Padding for knees and elbows are allowed. Goalies may wear shin guards, face masks and gloves.

Personnel

The game will be refereed by a court referee and a goal line referee. There is also one timer and one scorer.

General Rule the Court

Marking of the team handball court can take in excess of one hour. Ample time must be provided to ensure proper setup. (See Figure N)

The most significant line on the court is the 6 meter (19' 8-1/4") line. The area enclosed by the 6 meter (19' 8-1/4") line is called the goal area. The broken line is the 9 meter (29' 6-3/8") line or the free-throw line. The 7 meter (22' 11-5/8") line is the penalty throw line. An official team handball court is 20 meters (65' 7-3/8") by 40 meters (131' 2-1/4"). 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 size; the length size may be shortened with little impact on the game itself.

Substitutes

Substitutes may be brought into the game at any time with no limits imposed on the number of substitutions permitted. A player being replaced by a substitute must have left 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 2-minute suspension for the entering player.

The Match

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

Overtimes/Ties

Overtimes may be played to break a tie at the end of regulation play. Overtime shall consist of two, five-minute halves with a one minute intermission.

If a tie still exists at the end 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. If a tie still exists after 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.

Timeouts

Each team is permitted one 60 second timeout per half. The team in possession of the ball may request a timeout from the referee. The referee will then signal a time out. The referee may also call a time out for an injured player.

Playing the Ball

A player is allowed to run three steps with the ball or hold it for three seconds. There is no time limit when the ball is dribbled.

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

Scoring

A goal is scored when the entire circumference of the ball completely crosses the goal line between the two goal posts under the crossbar. Goals also can be scored directly from throw-offs, throw-ins, and goal throws.

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The roster shall contain a proportionate number of athletes and partners. 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 line-ups 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. Each team shall have an adult non-playing coach responsible for the line-up and conduct of the team during competition.

Figure N

Figure Y: Team Handball Court

