

1. **Teams**
  - a. To consist of no more than 12 players ( depending on court / field size )
  - b. Substitutes can be made at any time
2. **Ball:** Ball must be 6 inch / 15cm.  
**Recommended ball is Nyda Skill Trainer #1 Handball. This is a modified, lightweight training handball.**
3. **General Rules:**
  - a. **Playing time of 4 x 12 min quarters is recommended**
  - b. Players are permitted to:
    - i. throw, hit or punch the ball in any direction
    - ii. hold the ball for a maximum of 3 seconds before shooting or passing
    - iii. move up to 3 steps while holding the ball, then must either pass the ball or commence dribbling.  
Therefore, once in possession of the ball, a player can take 3 steps, then dribble (once bounce per step as in basketball), once stopped dribbling can take 3 further steps before passing or shooting for goal.
    - iv. When dribbling the ball on the spot or whilst running, once the ball is held with one or both hands it must be passed / shot, either after 3 steps or 3 seconds
    - v. play the ball in a lying, sitting or kneeling position.
  - c. Players are not permitted to:
    - i. touch the ball with the lower leg or foot
    - ii. dive for the ball that is on or rolling on the ground
    - iii. throw the ball over the side or own goal line deliberately
4. **Defending:**
  - a. Players are permitted to:
    - i. dispossess an opponent with the ball using a flat hand. However, for less skilled players this rule can be omitted.
  - b. Players are not permitted to:
    - i. snatch the ball from an opponent
    - ii. block an opponent with arms, hands or legs
    - iii. hold, hit, run or jump at an opponent
5. **Goal Area:** The goal area may not be entered by any field players during normal play. A field player may jump from outside the goal area to shoot provided he/she shoots before landing in the goal area. **Handball Goals should be a similar size to Hockey goals.**
6. **Goalkeeper:**
  - a. The goalkeeper may use any part of his/her body to stop the ball. They are allowed to leave the goal area (as long as they are not holding the ball) and play in their own half like any other field player. The goalkeeper is not permitted to cross the centre line.
  - b. The goalkeeper is *not* permitted to throw the ball over the centre line from the goal area.
  - c. Goalkeepers must wear a helmet; a softball catchers' helmet is recommended.
7. **Throw Off (start of the half/quarter):** The throw off is taken any direction from the center of the court. The teammates of the thrower are not allowed to cross the center line prior to the whistle signal.
8. **Throw In:**  
A throw in is taken
  - \* when the whole ball has crossed the sideline
  - \* by the team other than that which last touched the ball
  - \* without the whistle being blown**A throw in cannot lead directly to a goal.**
9. **Corner Throw:** A corner throw is awarded when the ball crosses the goal line after having come off a defender **other than the goalkeeper.**
10. **Throw Out:** A throw out is taken by the goalkeeper when the ball crosses the goal line (outside the goalposts) after having come off an attacker or the goalkeeper.
11. **Free Throw:**  
A free throw is awarded if:
 

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| <ul style="list-style-type: none"> <li>* an opponent is fouled</li> <li>* the ball is played incorrectly</li> </ul> | <ul style="list-style-type: none"> <li>* the goal area is crossed</li> <li>* time is wasted deliberately</li> </ul> |
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12. **After A Goal is Scored:** A throw from the centre is taken by the opposing team after each goal. The ball may be passed in any direction and players can begin anywhere on the court.
13. **Penalty Throws:**  
A penalty throw is taken at the penalty spot when:
  - \* a player deliberately enters the goal area to stop a ball
  - \* a player deliberately passes the ball back to the goalkeeper in the goal area.
  - \* the goalkeeper takes the ball back into the goal area

14. **Mercy Rule/Termination Score:** The Mercy rule will be invoked when a team is **10 points** ahead. When one team leads by **10 points** the following strategy will apply: Rotate key players  
If the score difference exceeds **15 points**, the game is terminated, and teams are mixed up to provide a more even competition for the duration of the match. The Home team must provide bibs for this situation.