The background of the cover is a photograph of an outdoor handball court at night. The court is illuminated by bright overhead lights, creating a high-contrast scene. In the foreground, a player in a dark blue jersey with white floral patterns and black pants is seen from behind, facing the court. In the middle ground, another player in a light blue jersey with a rainbow-colored butterfly design on the back and black pants is also seen from behind. A third player in a white jersey is visible further back on the right. The court floor is made of light-colored square tiles, and a dark line runs down the center. The background shows the structure of the court with glowing light frames.

RULES OF SOLOS HANDBALL

A comprehensive ruleset to the game we all love.

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Introduction

Handball is a long-treasured tradition on the courts of primary schools across the country and has continued to thrive for generations. The sport has been a staple across the nation for many years but has been plagued by a lack of standardisation. The aim of this document is to establish an official baseline for the game that we all love and cherish, so that we may be able to unite under a common understanding of what makes this game so great.

The ruleset we have created aims to encourage considerate conduct to all involved parties, and as such the rules have been built upon the back of respect and fair play. We believe that without such principles, our sport is doomed to be lost to the foul behaviour of the few individuals who are happy to do whatever it takes to win (Dora). Whilst the dealing with misconduct may be seen as draconian by some, we at SUSS believe it necessary to anchor the culture of our sport firmly in the realm of dignity.

Another core principle that was influential to the conception of this rule book was the importance of promoting an environment conducive to skilful play, while still welcoming to new and returning players alike. We at SUSS believe that we have an incredibly exciting and exhilarating sport, and that we, as the governing body, have the responsibility to showcase the most thrilling plays, and the intense points our sport has to offer. Our approach to the sport aims to penalise aspects that may be unfair or uninteresting to concerning parties in order to maintain a fast-paced and engaging display of skill.

By creating these rules, SUSS hopes to settle the playground arguments which come from an inconsistent understanding of handball, so that we can spend less time on petty disputes and more time playing handball. These regulations are meant as a foundation from which our sport can flourish, so that we can help show the world what our sport has to offer. This fair, fun and exciting handball which these regulations encourage is something that we, as a sport, should celebrate.

Terminology

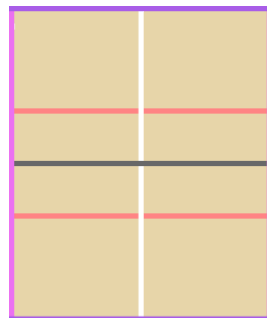
Ball	A rubber high bounce ball with a 60mm diameter.
Body Part	Any part of a player's arms that is above the elbows or any other part of their body.
Body-Part Restricted Area	The area indicated on the court with lines from which no player may hit the ball with a body part.
Hit	When a player contacts the ball via hand or body part.
Leg	Any part of a player's body which is below their knee.
Line	A distinguishing mark between squares in the playing area, including the outer borders.
Player	A person who is in or intends to enter the playing area to compete.
Playing Area	The boundary area marked by the four exterior lines.
Point	A single round, beginning with a serve, which ends with a team being given a point penalty.
Rebound Surface	A surface within the boundaries of the playing area that a ball may interact with.
Serve	The first hit of the point, marking the start of a point.
Serving Player	The player who is to serve the next point.
Square	A player's area, marked by four lines on court.

1. Field of play

1.1) The playing area is to be defined by four lines, 2 back court lines (marked in purple), and 2 sidelines (marked in pink).

1.2) Two additional lines are to be marked, one parallel with the sidelines, called the crossline (marked in white or green), and one parallel with the backlines, called the centreline (marked in black).

1.3) A square is defined by the rectangle created by the two sidelines, a backline, and the centreline.



1.4) Two lines are to be marked parallel to the centreline (marked in red).

1.5) All rebound surfaces are to be designated by the umpire before the beginning of the game.

1.6) All perimeter lines are considered inside the playing area, with the centreline being in the square of the player who did not hit the ball.

2. Player's Clothing and Equipment

2.1) Players must wear clothing which is appropriately modest.

2.2) Players may not wear clothing which is dangerous to themselves or other players.

This includes, but is **not** limited to:

- 2.2.1) hard peaked hats;
- 2.2.2) studded or spiked shoes;
- 2.2.3) bright lights or other distracting clothing;
- 2.2.4) sharp protrusions on clothes;
- 2.2.5) open toed shoes (e.g., slides or thongs); or
- 2.2.6) heels or platforms.

2.3) Players may not wear clothing which provides an unfair advantage over other players. This includes, but is **not** limited to:

- 2.3.1) clothing which significantly increases the natural size of a player's body;

- 2.3.2) lifted insoles in shoes;
- 2.3.3) heels, platforms, or other height extending methods;
- 2.3.4) chalk, gloves, or any other equipment that may increase the amount of grip on one's hands; or
- 2.3.5) clothing which significantly reduces the pain caused from using body parts.

2.4) If any rules from rule 2.1) to rule 2.3) are broken, the umpire may use any of the tools prescribed by rule 4.2), unless the offending player has:

- 2.4.1) a valid medical certificate supplied up to 2 days before the commencement of the game; or
- 2.4.2) a signed letter from a board member of S.U.S.S explaining that the gear is allowed; or
- 2.4.3) a signed letter from a veritable religious figure explaining that the clothing is required for religious reasons.

3. Game and Result

3.1) At the beginning of a match:

3.1.1) the two players are to attend a coin toss to elect either:

- i) the side of the court from which they will play; or*
- ii) whether they will serve or receive the first point.*

3.2) A game consists of multiple consecutive points until the win condition is met by either player.

3.3) The winner of a game is the player who:

- 3.3.1) achieves a score of at least 11 points and is leading by at least two points; or
- 3.3.2) achieves a score of 22 points.

3.4) During each match, both players may call for one timeout.

3.4.1) A timeout consists of an up to 30-second-long period during which play is halted.

3.4.2) To indicate that a player wishes to initiate a timeout, they are to form a 'T' symbol with their arms.

3.4.3) During a timeout, both players may leave the playing area and communicate with any support staff, such as coaches, as well as consume food or drink.

4. Penalties

4.1) For non-serious violations of the rules, the umpire may take recourse in the form of:

4.1.1) A point penalty, which causes the player who did not commit the offence to serve and have their score to increase by one.

4.2) For more serious or intentional violations of the rules, the umpire may take recourse in the form of:

4.2.1) A warning, represented by a green card, which carries a one-point penalty.

4.2.2) A temporary suspension, represented by a yellow card, which carries a minimum three-point and a maximum six-point penalty.

4.2.3) A permanent suspension, represented by a red card, which represents a forced forfeit for the player who received it.

4.3) If a player has received a penalty, the next penalty they receive must be a higher level penalty.

5. Playing a Point

5.1) If any rule in chapter 5 is broken, unless otherwise stated, the player breaking the rules is to be penalised with a point penalty, as set out in 4.1.1).

5.2) A point is to begin with a serve.

5.2.1) When a player has scored an even number of points, they are to serve from the left. When the number of points they have scored is odd, they are to serve from the right.

5.2.2) When the player serves the ball, they must be on the side of the court they are to serve from, and the player who receives the serve must be diagonally opposite and outside the body-part restricted area.

5.2.3) The serving player must wait for an indication from the umpire to serve the ball.

5.2.4) A serve consists of the serving player hitting the ball such that:

i) they hit the ball from behind the backline; and

ii) the hit abides by rule 5.4) (with the exception of rule 5.4.6) ; and

iii) the ball bounces in their square on the same side of the crossline that they are serving from (unless the ball does not bounce in the square of the serving player by rule 5.4.1)i) ; and

- iv) the ball bounces in the square of the opposing player on the side of the crossline which the serving player is not serving or the opposite player hits the ball; and*
- v) the ball is not hit from below the player's waist; and*
- vi) the ball does not exit the court through the edge of the body-part restricted area.*

5.3) If a serve is not completed in a way that abides by rule 5.2.4), a "fault" is declared. If this is the first fault to have occurred since a point was completed, the serve is to be taken again. However, if this is the second fault to have occurred this serve, rule 5.1) is to apply.

5.3.1) If rules 5.2.4)iii) or 5.2.4)iv) are not correctly fulfilled, the receiving player may verbally indicate that they wish to play the point anyway, after which play shall continue in spite of rule 5.3).

5.4) Once the ball is in play, the players are to hit the ball such that:

5.4.1) it bounces at least once before leaving their square.

- i) If the player hits the ball with a body part which is not their leg, then rule 5.4.1) does not apply.*

5.4.2) after they have hit it, it bounces no more than once in their own square.

- i) If the ball hits a rebound surface and it complies with rule 5.6), then the ball may bounce before contacting the surface as well as after contacting it with no penalty.*

5.4.3) after bouncing in their square, it lands inside the square of the other player.

5.4.4) they have only hit the ball once since it has been hit by the opposing player.

5.4.5) the ball does not begin to roll when it leaves their hand. A ball is deemed to be rolling when it is unreasonable to discern where any bounces have occurred.

5.4.6) the ball is not grabbed by a player during play. The ball is deemed to be grabbed when there is prolonged contact with a player.

5.5) A player must hit the ball when it has bounced once in their own square before it bounces again

5.6) If the ball is hit into a rebound surface, it must have bounced in the player who did not hit the ball's square.

5.7) A player may not use a body part to hit the ball when inside the body-part restricted area or hit the ball with a body part and immediately enter the body-part restricted area.

5.8) A player may not inhibit or obstruct another player either verbally or physically in their attempt to hit the ball.

5.9) A player who crosses the centreline during play forfeits the right to dispute an official's decision regarding rule 5.4) .

6. Misconduct

6.1) If any rule in chapter 6 is broken, unless otherwise stated, the player breaking the rule is to be penalised with a personal penalty, as set out in 4.2).

6.2) Players may not deliberately delay play or waste time. This includes, but is **not** limited to:

- 6.2.1) not retrieving the ball after losing a point;
- 6.2.2) delaying a serve once the umpire has fulfilled the obligations of rule 5.2.3);
- 6.2.3) arriving late to a game; or
- 6.2.4) impeding the flow of the game between points.

6.3) Players must behave in a way that is respectful at all times. Disrespectful behaviour includes, but is **not** limited to:

- 6.3.1) discrimination against any player or official on the basis of sex, gender, race, religion, sexual orientation, disability or any other personal characteristic;
- 6.3.2) threats of violence made towards any player or official;
- 6.3.3) accusing an official of bias, match-fixing or any other form of cheating;
- 6.3.4) refusing to shake the hand of an official or player after a game;
- 6.3.5) acting in a manner that is unsportsmanlike or degrading to other players;
 - i) *A player may not answer affirmatively when asked "Are you mad at me?".*
- 6.3.6) dissent towards any official; or
 - i) *Only one player may speak to the umpire at a time. A player who attempts to speak to the umpire while they are already talking to another player has committed dissent.*

ii) If the umpire makes a clear indication that a player is to stop being disruptive, and that player continues in any way, verbal or otherwise, that player has committed dissent.

6.3.7) talking to the umpire from outside the body-part restricted area about game decisions.

i) It is not always an offence to talk to the umpire outside of the body-part restricted area. Umpires are expected to judge whether players are attempting to discuss matters related to the decisions made in that game, and act accordingly.

6.4) Players may not mistreat, misuse or in any other way abuse the equipment that is required for a game of handball. This includes, but is **not** limited to:

6.4.1) Throwing the ball in a way that does not positively contribute towards the game.

6.4.2) Deliberately trying to tamper with any marked lines on the court.

6.4.3) Mistreating the playing area, such as hitting or kicking rebound surfaces.

6.4.4) Attempting to modify the playing surface, such as adding water or other foreign substances.

6.4.5) Deliberately tampering with any officiating tools, such as line detectors or whistles.

6.5) Players must use appropriate language during a game of handball. Inappropriate language includes, but is **not** limited to:

6.5.1) Obscenities.

6.5.2) Slurs.

6.5.3) Name calling.

6.6) For any other act which is not outlined by these rules, but, in the umpire's opinion, goes against the spirit of these rules, a player may be penalised by any of the tools set out in both 4.1) and 4.2).

