

# RULES OF DOUBLES 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 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 S.U.S.S. 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, but still welcoming to new and returning players alike. We at S.U.S.S. 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, S.U.S.S. 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

|                                  |   |
|----------------------------------|---|
| <b>Ball</b>                      | A rubber high bounce ball with a 60mm diameter.   |
| <b>Body Part</b>                 | Any part of a player's arms that is above the elbows or a body part elsewhere.                            |
| <b>Hit</b>                       | When a player makes contact with the ball via hand or body part.  |
| <b>Line(s)</b>                   | The distinguishing marks between squares in the playing area, including the outer borders.                |
| <b>Body-part Restricted Area</b> | The area indicated on the court with shaded lines from which no player may hit the ball with a body part. |
| <b>Non-Serving Player</b>        | The player who did not serve the most recent point for a team   |
| <b>Playing Area</b>              | The boundary area marked by the four exterior lines.  |
| <b>Player</b>                    | A person who is in or intends to enter the playing area to compete.                                       |
| <b>Point</b>                     | A single round, beginning with a serve, which ends with a team being 'out'.                               |
| <b>Rebound Surface</b>           | A surface within the boundaries of the playing area that a ball may interact with.                        |
| <b>Serve</b>                     | The first hit of the point, marking the start of a point.   |
| <b>Serving Player</b>            | The player who is to serve the next point.  |
| <b>Square</b>                    | A team's area, marked by four lines on court.   |
| <b>Team</b>                      | A group of players who are in control of a single square.   |

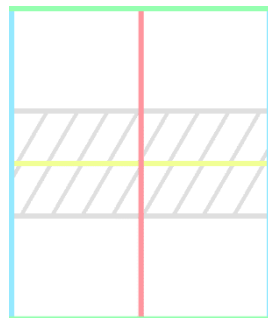
## 1. Field of play

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

**1.2)** Two additional lines are to be marked, one parallel with the sidelines, called the crossline (marked in red), and one parallel with the backlines, called the centerline (marked in yellow).

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

**1.4)** Two lines are to be marked parallel to the centerline (marked in white or grey).



## 2. Composition of Teams

**2.1)** A team is composed of 2 players.

2.1.1) A third player may be nominated as the team's "substitute". This player is to be approved by the umpire before the commencement of the match. This player may, before the 9th round of the match and at the discretion of the umpire, substitute in for the team

**2.2)** A team is required to have a nominated captain. The captain is required to be marked with a distinct identifier.

**2.3)** The captain is responsible for:

2.3.1) The conduct of the team.

2.3.2) Representing the team at the coin toss.

2.3.3) Communicating with the umpire and/or other team captains.

2.3.4) Requesting timeouts as set out in rule 7.9).

2.4) If the captain is suspended or otherwise absent, the team must nominate a replacement captain. In the case of a suspension, this player is assumed to be the player remaining on the court.

### 3. Player's Clothing and Equipment

3.1) Players of the same team must wear appropriate matching attire.

3.2) Players must wear clothing which is appropriately modest.

3.3) Players must not wear clothing which is dangerous to themselves or other players.

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

- 3.3.1) Hard peaked hats.
- 3.3.2) Studded or Spiked shoes.
- 3.3.3) Bright lights or other distracting clothing.
- 3.3.4) Sharp protrusions on clothes.
- 3.3.5) Open toed shoes (e.g., slides or thongs).
- 3.3.6) Heels or Platforms.

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

- 3.4.1) Clothing which significantly increases the natural size of a player's body.
- 3.4.2) Lifted insoles in shoes.
- 3.4.3) Heels, Platforms, or other height extending methods.
- 3.4.4) Chalk or Gloves which increase the amount of grip on one's hands.
- 3.4.5) Clothing which significantly reduces the pain caused from using body parts.

3.5) Any of the rules stated from 3.1) to 3.4) may be disregarded at the discretion of the umpire for any of the following reasons:

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

## 4. Game and Result

4.1) At the beginning of a match:

4.1.1) The two captains are to attend a coin toss to elect either:

i) *the direction from which their side will serve.*

ii) *whether they will serve or receive.*

4.1.2) The two captains are to indicate to the umpire which side each player will play from.

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

4.3) The winner of a game is the team who achieves a score of at least 11 points and who is leading by at least two points.

## 5. Playing a Point

5.1) If any rule in chapter 5 is broken, unless otherwise stated, the team which did not break the rules shall have their score increase by one, and they shall serve the next point.

5.2) A point is to begin with a serve.

5.2.1) At the beginning of the serve, each player must be on their side of the court and outside the body-part restricted area.

5.2.2) The player who serves first for each team is the left player of the court. After this, the serving player is to rotate each time a team serves after not serving the previous point.

5.2.3) The 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 from behind the backline, such that:

i) *the ball bounces in their team's square on the same side of the crossline that they are serving from.*

ii) *The ball bounces in the square of the opposing team on the side of the crossline which the serving player is not serving **OR** the opposite team hits the ball.*

iii) *The player's arm does not dip below the level of their waist when standing fully upright until the ball is released.*

*iv) The ball does not exit the court through the edge of the body-part restricted area.*

5.2.5) The player who receives the serve must be the player who is designated to be on the side opposite that of the server.

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

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.

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

5.4.1) It bounces at least once in their own square.

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

5.4.2) It bounces no more than once in their own square.

*i) If the ball hits a rebound surface and it complies with rule 5.7), 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 another team.

5.4.4) Their team has only hit the ball once since it has been hit by an opposing team.

5.4.5) The ball does not begin to roll when it leaves their hand. A ball is considered 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. A "grab" consists of the ball coming to rest inside of the player's hand.

5.5) Each team must hit the ball when it has bounced in their own square after a hit.

5.6) If the ball is hit into a rebound surface, it must have bounced in the other team's square, unless it would have landed in the other teams square had it missed the rebound surface.

5.7) A player cannot 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 centerline during play forfeits the right to dispute an official's decision regarding rule 5.4).

**5.10)** All lines are considered inside the playing area, with the centerline being considered in the square of the team who did not hit the ball most recently.

**5.11)** Players must not play in a way which is dangerous to other players. A player who plays the ball dangerously may be penalised by a personal penalty.

5.11.1) It is considered dangerous to play the ball hard into a player inside the body-part restricted area when you are inside the body-part restricted area unless that player has chosen to place themselves in the way of a hit intentionally.

5.11.2) It is considered dangerous to play the ball from a static position with force from a height which is low to the ground.

## 6. Respect of Officials and Players

**6.1)** If any of the rules are violated by a player or spectator, the umpire may take course in the form of:

6.1.1) A warning, represented by a green card.

6.1.2) A temporary suspension, represented by a yellow card, which carries a minimum three-point suspension and a maximum twelve-point suspension.

6.1.3) A permanent suspension, represented by a red card, which carries a suspension from the rest of the game.

6.1.4) A formal report, which is to be taken to the board of S.U.S.S. who will deal with the matter as they see fit.

**6.2)** A player who is suspended must sit in the designated suspension area and must remain there until their suspension is complete.

**6.3)** Permanently suspended players and spectators must leave the field and its surrounding area.

**6.4)** The intended duration of a temporary suspension may be extended for misconduct by a player while suspended.

**6.5)** Any action that may be seen as disrespectful or intentionally time-wasting may be penalised in accordance with 6.1). This includes, but is **not** limited to,

6.5.1) Throwing the ball away from the playing area with intent to extend the duration of the game.

6.5.2) Reacting to winning or losing a point in a manner that is unsportsmanlike and/or degrading to other players.

**6.6)** Respectful language must be used when talking to players, officials, and spectators.

This prohibits language such as:

6.6.1) Profanities.

6.6.2) Name-calling.

6.6.3) Slurs.

**6.7)** The decision of the umpire is to be considered final, and any attempt to challenge a decision outside of the formal review process is to be considered dissent.

6.7.1) If the umpire deems behaviour to be within the written rules, but contrary to the spirit of the rules, they may use any of the tools provided in rule 6.1).

**6.8)** The umpire may only be spoken to by the captain of any team, and communication may only occur inside of the body-part restricted area. As set out in rule 2.3.3), if another player communicates with the umpire, the captain must be penalised.

## 7. Role of the Umpire

**7.1)** A game is to consist of 2 umpires:

7.1.1) a service umpire.

i) *During service, the service umpire is to stand in line with the crossline on the receiving side of the court. The umpire is to make calls according to rule 5.2.4)i) and 5.2.4)ii).*

ii) *At all other times, the service umpire is responsible for decisions according to rules 5.4.3) in relation to the side line.*

7.1.2) A primary umpire, who is to sit in line with the centerline, who is responsible for all other decisions set out in the rule book, and who may overrule any decision made by the service umpire.

**7.2)** The primary umpire must make calls that are fair and reasonable, with no discernible bias towards any teams or players. They must not be swayed or manipulated into changing the call to benefit a specific team or player.

**7.3)** All calls must be accurate to the umpires' perceptions, and all plays must be observed to the best of their abilities.

**7.4)** If the umpires deem a play too close to call, they can check the ball for chalk that would indicate it landing on a line. They may also call for the point to be replayed if necessary.

**7.5)** The umpires must maintain their focus on the game throughout the entire game. If they must take their eyes away from the playing area, they must either hold play or ask another temporary umpire to oversee play.

**7.6)** The primary umpire must issue penalisations for any offences, in accordance with 6.7). These must match the severity of the offence. Some offences may require an immediate harsh sentence, and an umpire may use two different penalties to deal with an offence.

**7.7)** If a player has received a penalisation for an offence, repetition of that offence must result in a harsher consequence.

**7.8)** The umpires must have a comprehensive knowledge of the rules and be approved by the board of S.U.S.S. prior to commencement of a match or tournament. Approval may be stripped from an umpire at any time if the board deems that they are unfit to adjudicate the game.

**7.9)** During each match, both captains may call for one timeout. To indicate that a team wishes to initiate a timeout, the team captain is to form a 'T' symbol with their arms. A timeout consists of an up to 30-second-long period during which play is halted, and where both teams may leave the playing area and communicate with each other and any other person, such as coaches, as well as consume food or drink.

