

HANDBALL

Team Formation Rules (For Boys):

1. 9 Men in one team (7 on-field players + 2 substitutes).
2. There should be players from minimum 3 batches in each team.
3. Maximum 4 Inter-IIT players (excluding TT, chess and swimming) are allowed in each team but only a maximum of 3 Inter IIT players can be on the field at the same time.
Only two players from inter-iit Basketball players will be allowed.
4. MTech, Phd, MSc and Faculty will be considered different batches.
5. Inter IIT players from previous two years are taken into consideration.

Team Formation Rules (For Girls):

1. 7 Women in one team (5 on-field players + 2 substitutes).
2. There should be players from minimum 3 batches in each team.
3. Maximum 4 Inter-IIT players (excluding TT, chess and swimming) are allowed in each team.
4. MTech, Phd, MSc and Faculty will be considered different batches.
5. Inter IIT players from previous two years are taken into consideration.

Duration

15 minutes with an interval of 10–15 minutes. The semifinals and finals will have two periods of 20 minutes each.

Object of the Game

Handball combines the elements of soccer and basketball, as six players move the ball down a floor that is larger than a basketball court and try to score by throwing the ball past a goalkeeper into the net. A successful scoring attempt results in the award of a single point.

Field of Play

The court is slightly larger than a basketball court. Regulation size is 25x45 meters . All court lines are referred to by their measurement in meters.

The most significant line on the court is the 6-meter line or goal area line. Only the goalie is allowed inside the goal area. Players may jump into the goal area if they release the ball before landing in the area. The 9-meter line, or free throw line, is used for minor penalties, while the 7-meter line, or penalty line, is used for penalty shots, much like penalty kicks in soccer.

Teams

A game is played between two teams. Seven players on each team are allowed on the court at the same time (6 court players and 1 goalie). Unlimited substitution is allowed. Substitutes may enter the game at any time through their own substitution area as long as the players they are replacing have left the court.

Playing the ball

Players are allowed to:

Single hand Dribbling only i.e cross hand dribbling is not allowed.

In regulation you may dribble the ball for an unlimited amount of time, Run with the ball for up to three steps before and after dribbles. Hold the ball without moving for three seconds.

THE DEFENDER . . .

... is allowed to have body contact in a man-on-man situation

... must not hit

... must not hold or restrain,

... must not strike or pull back the opponent's throwing arm

... must not spoil a clear chance of scoring with illegal means. This always leads to a seven-metre throw!

THE ATTACKER IN POSSESSION OF THE BALL...

... is entitled to bounce the ball as often as he likes to do so. If he catches the ball he is allowed to take a maximum of three steps with it. Then he has to pass or to shoot.

... has to jump at the goal-area line (6m line), is allowed to fly above the goal area but must not enter it with the ball in his hands.

Throw-ins - These are awarded after the ball has crossed a side line. It is taken by the side who did not touch it last, with the player putting one foot on the line where ball went out and passing it back into the court.

Corners - A corner is taken by the attacking side when a defender has knocked the ball over the goal line (other than in the goal). The player puts one foot on the corner of the side line and the goal line and passes the ball in.

Goal-throws - This occurs when the ball comes off a goalkeeper and crosses the goal line. The goalkeeper then takes the throw from within their own area.

Penalties

Free-Throw – for a minor foul or violation, a free throw is awarded to the opponents at the exact spot it took place. If the foul occurs between the goal area line and the 9 meter line, the throw is taken from the nearest point outside the 9-meter line. All players on the team taking a free-throw

must be outside the 9-meter line. Opponents must be 3 meters away from the ball when the throw is taken. In other-words, when there is a change of possession on a foul or violation YOU MUST GIVE THE THROWER 3 M OF SPACE!

7-Meter Penalty Shot is usually awarded when :

- **A foul destroys a clear chance to score a goal**
- **The goalie carries the ball back into the goalie area**
- **A court player intentionally plays the ball to his or her own goalie in the goal area and the goalie touches the ball**

All players must be outside the free-throw line when the throw is taken. The player taking the throw has 3 seconds to shoot after the referee whistles. Any player may take the 7-meter throw.

Progressive Punishments

These are fouls that require more punishment than just a free-throw. "Actions" directed mainly at the opponent and not the ball are punished progressively (actions consist of reaching around, holding, pushing, hitting, tripping, or jumping into opponent).

Warnings (yellow card) – referee gives only one warning to a player for rule violations and a total of 3 to a team. Exceeding limits results in a 1-minute suspension.

1-minute suspension – Awarded for serious or repeated rule violations, unsportsmanlike conduct and illegal substitution.

Disqualification (red card) – awarded after three 1-minute suspensions have been issued; the disqualified player must leave both the court and bench but the team may replace the player after the 1-minute suspension expires.

Exclusion is awarded for assault; the excluded player's team continues short one player for the rest of the game.

AT ANY MOMENT OF CONFLICT IN ANY DECISION MATCH REFEREE HAS THE FINAL SAY.

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