

# American Speed Handball



*The game is extremely fast and includes body contact as the defenders try to stop the attackers from approaching the goal. Contact is only allowed when the defensive player is completely in front of the offensive player. Any contact from the side or especially from behind is considered dangerous and is met with penalties. When a defender successfully stops an attacking player, the play is stopped and restarted by the attacking team from the spot of the infraction or the free-throw area. Speed handball players are allowed unlimited number of "fouls", which are considered good defense and disruptive to the attacking team's rhythm.*

## **The Playing Court:**

Is a basketball court. Both ends will have a goal in the center on the end-line. The 3 point line is the most important. Within this marked area will be known as the goal area. No one except the goalkeeper is allowed to stand in the goal area. Players may jump into the goal area if the ball is released before landing within the goal area.

## **The Goal:**

Is 6 feet tall and 10 feet wide, and up to 5 feet deep behind the goal line.

## **The Ball:**

For Youth, age 6 to 10 is 50 to 52 centimeters and 290 to 330 grams (Size 1).

For Women is 54 to 56 centimeters and 325 to 375 grams (Size 2).

For Men is 58 to 60 centimeters and 425 to 475 gram (Size 3).

Each game requires two balls. One ball is the playing ball and one reserve ball which is placed on the table with the timekeeper. The referee decides which ball is used.

## **Duration of the Game:**

For Youth is four quarters of 10 minutes with 2 minute breaks, and 4 one-minute team time-outs.

For Women and Men is two 20 minutes halves with a 2 minute half time break and 2 team time-out.

For "School Teams" or "Club Teams" is 50 minute with 2 minute half time break and 2 team time-out. This is running time except for injury, penalty throws and the one-minute team time-out. The game may end in a tie unless the game demands a winner. Tournament rules dictate that a winner must be determined. Overtime consists of two 5 minute periods. Teams change benches during half time and before the first 5 minute period.

## **Each Team:**

Has five players: four court players and one goalkeeper. A maximum of 14 players may participate in a game for each team. Substitutes may enter the game at any time through their own substitution area as long as the player they are replacing has left the court. Failed substitution, resulting in an additional player on the field will cause suspension of the player entering the court. The substitutes must be seated on the bench when they are not on the field.

**Uniforms of the Players:**

Player's numbers are from 1 to 99. Team uniform shirts and shorts are the same color for all players. The goalkeeper must wear a different color shirt from their teammates and opponents. No long nails or jewelry is allowed, they are considered dangerous for the other participants.

**Referees:**

Both referees uniforms must be the same color, but can not match either teams uniform color. There are two equal referees. Referees have complete authority. Their decisions are final. The referees are assisted by a timekeeper and a scorekeeper. The referee can at any time "time-out" the game and stop the clock. The referee will blow the whistle 3 times and mark a "T" with both hands.

**Goalkeeper:**

The goalie can move anywhere inside the goal area but cannot leave the goal area with the ball. The goalie can step out of the goal area without the ball and become a player, but cannot re-enter the goal area with the ball. The field player cannot throw the ball to their own goalie while the goalie is in the goal area.

**Playing the Ball:**

Have the teams spread out on their part of the field with goalies in position. Start the game with a "throw-off". This is also done after each goal. The object of the game is to move the ball down the field towards the opponent's goal. Players can do this by running with it, dribbling or using a series of throws and catches until the ball can be thrown into the goal to score a point.

Each player is allowed:

- To run with the ball for 3 steps.
- To hold the ball for 3 seconds.
- Unlimited dribble with 3 steps allowed before and after dribbling, but not double-dribble.

A player is NOT allowed:

- To endanger an opponent with the ball.
- To pull, hit or punch the ball out of the hands of an opponent.
- To kick or contact the ball below the knee.
- To dive on the floor for a stationary or rolling ball, if they are at any danger to any other participants.

**Passive Play:**

It is illegal to keep the ball in a team possession without making a recognizable attempt to attack and to try to score. A team cannot stall - a free throw will be awarded to the other team. The referee warns this by raising his hand. If the attacking team doesn't change to a more attacking style the referee will change the direction of play.

**Substitution:**

May occur at any time during the game. Designated substitution area is from the middle of the side line 15' towards the outline. Player must run off the court before the substitute may enter. Failure to do so will result in a 1 minute penalty for the player. Substitution of the defensive goal keeper is forbidden once a player has taken his position to execute a penalty throw.

**Defending the Opponent:**

Each player is allowed to use the torso of the body to obstruct an opponent with or without the ball. However, using the outstretched arms or legs to tackle, hinder, push, trip or hit is NOT allowed.

The attacking player is NOT allowed to charge into a defensive player.

**Scoring:**

A goal is scored when the entire ball crosses the goal line inside the goal, and no failures have been made from the attacking team. A goal may be scored directly from any: Throw-In, Free-Throw, Throw-Off, Penalty-Throw and Goalkeeper-Throw, EXCEPT a direct "own goal."

**Whistle Signal for the Restart:**

The referee always blows the whistle:

- For the penalty-throw.
- For a restart after a time-out.
- For a restart with a free-throw after a delay in the execution.
- After a correction of the player positions
- After a verbal caution or a warning.

The referee may judge it appropriate, for the sake of clarity, to blow the whistle for a restart until the requirements for player positions are met.

If the referee blows his whistle for a throw to be taken, despite incorrect positions on the part of players, then those players are fully entitled to play.

After the whistle signal the thrower MUST play the ball within 3 seconds.

**A Throw:**

A throw is considered taken when the ball has left the hand of the thrower, and the thrower is at the right position on the court. The thrower must not touch the ball again until it has touched another player, goalie, the referee or the goal.

**Throw- Off:**

A throw-off is taken by the team that chooses to start the game with the ball. Each team must be in its own half of the court. Following a whistle, the ball is passed by the goalkeeper from the goal area to a teammate and play begins. Throw-off is repeated after every goal scored and at the 2 x 5 minute overtimes.

**Goalkeeper- Throw:**

A goalkeeper-throw is awarded when the ball rebounds off the goalkeeper over the end-line, or when the ball is thrown over the end line by the attacking team. The goalie takes the throw inside the goal area and is not restricted by the 3-step/3-second rule.

**Penalty-Throw:**

Is awarded when:

- A defensive foul destroys a clean goal scoring opportunity.
- A defensive player enters his or her goal area to gain an advantage over an attacking player in possession of the ball.

When a penalty-throw is being executed, all players must position themselves behind the thrower. If they do not do so, the initial throw is forfeited and the opponents are awarded a free-throw.

The players of the opposing team must remain still until the ball has left thrower's hand. If they do not do so, the penalty-throw will be retaken if it does not result in a goal, but there is no personal punishment.

The player taking the throw must take a position not more than 3 feet behind the goal area line. After the whistle signal from the referee, the thrower has 3 seconds to shoot. His foot must NOT touch or cross the line before the ball has left his hand. The ball must NOT be played again by the thrower or a teammate following the execution of the throw, until it has touched an opponent or the goal. Any player may take the penalty-throw.

**Throw-In:**

A throw-in is awarded when the ball goes out of bounds on the sideline or when the ball is last touched by a defensive player (excluding the goalie) and goes out of bounds over the end-line, and also when the ball hit the ceiling. The throw-in is taken from the spot where the ball crossed the sideline, or if it crosses the end line, from the nearest corner. The thrower must place one foot on the sideline to execute the throw. All opposing players must stay 10' away from the ball.

**Free-Throw:**

From a minor foul or violation, a free-throw is awarded to the opponent at the exact spot it took place. If the foul or violation occurs between the goal area line and 7' perimeter surrounding the goal area, the throw is taken from the nearest post outside the 7' perimeter. The thrower must keep one foot in contact with the floor, then pass or shoot.

**Progressive Punishments:**

This pertains to fouls that require more punishment than just a free-throw. "Actions" directed mainly at the opponent and not the ball, such as reaching around, holding, pushing, hitting, tripping, and jumping into an opponent, are to be punished progressively.

**Warnings, Yellow Card, 1-Minute Suspension:**

The referee should only give one warning per player for rule violations and a total of three to a team. Exceeding these limits results in 1-minute suspensions thereafter. Warnings are not required prior to giving out a 1-minute suspension.

1-minute suspensions are given for:

- Serious or repeated rules violations
- Unsportsmanlike conduct
- Illegal substitution.

The suspended player's team plays short for 1-minute. The 1-minute period begins when the referee gives the signal to restart the game.

Each player can have 2 x 1-minute suspensions, the 3rd 1-minute suspension results in a disqualification (game misconduct).

A player can receive a "1 + 1-minute suspension" in the same situation.

**Disqualification - Red Card:**

A disqualification is the equivalent of three 1-minute suspensions. A disqualified player must leave court and bench, but the team can replace player after the 1-minute suspension expires.

**Exclusion:**

An exclusion is given only for kicking, punching or spitting at any other participant: opponents, teammates, officials, referees, spectators or the timekeeper and scorekeeper.

The exclusion is only given if the player hits the other person. If he did not hit, it will ONLY be considered as a disqualification.

The excluded player's team continues short one player for the rest of the game.