



European Handball Rules

1. To start a game each team must have of a total 1 goalie, 5 players, and 5 to continue play during regulation time. For a co-ed game a maximum of 3 players excluding the goalie can be male.
2. A goal is scored when the entire ball has bounced at least once before crossing the goal line into the net. Bouncing on the goal line does not count. A goal counts for one point. After a successful goal, the team that was scored against becomes the offensive team and can immediately go on offense. A player can jump into the crease to throw a ball on goal but must throw the ball before they land.
3. The Goalie:
 - A. Each team must have one goalie.
 - B. This Goalie cannot touch the ball outside of the crease.
4. Time & Start of Game
 - a. Game is started with a jump ball.
 - b. Both teams must remain on their sides until after the jump ball.
 - c. A game consists of two twenty minute halves with a short break between halves.
 - d. No timeouts are permitted during the game except during an injury at which time the injured player must be removed from the field immediately (provided it is safe to do so) and a substitute inserted in their place. Timeouts may also occur when discussion is required by referees or team captains.
5. Referees
 - a. The referees control the game using a whistle to start and stop play.
Note: The whistle is not used to start play on an out of bounds ball; the ball is put back into play immediately.

6. Ball Handling:

- a. Players are allowed to run with the ball for a maximum of three steps. A step is considered when:
 - i. A player who is standing on both feet lifts one foot and places it down again or moves from one foot to another.
 - ii. A player is touching the floor with only one foot, catches the ball, and then places the other foot down.
 - iii. After a jump, the player touches the floor with one foot only, and then hops on the same foot or touches the floor with the other foot.
 - iv. A player after a jump touches the floor with both feet simultaneously, and then lifts one foot and puts it down again, or moves one foot from one place to another.
- b. A player may dribble the ball for an unlimited amount of time.
- c. A player may hold the ball without moving for five seconds.
- d. A player may use their hands (open or closed) to throw, catch, stop, push or hit the ball. Arms, head, torso, thighs, and knees may also be used. The use of a foot or leg below the knee is not permitted.
- e. A player cannot touch the ball more than once, unless a fumble between hands has occurred. Once the player has handled the ball they must pass or shoot.

7. Out of Bounds:

- a. Over the sidelines. If a ball goes out of bounds on either side of the field it is put back into play by the opposite team, at the point it went out of bounds. It must be put back into play by throw in (a one handed throw) and the player must have one foot on the sideline. All defending players must keep a distance of 3 meters back from the thrower. Defending players are allowed to stand directly outside of their goal near the goal line however, even if the distance is less.
- b. Over the outer goal line. A throw in from the offensive team can occur if the ball was last touched by a defensive player before going passed the outer goal line. The player must have one foot on the sideline. All defending players must keep a distance of 3 meters

back from the thrower. Defending players are allowed to stand directly outside of their goal near the goal line however, even if the distance is less.

8. Fouls:

- a. Free throws: A free-throw restarts the play after an interruption by the referees. The thrower may take a direct attempt for a goal which is, however, not feasible if the defending team organized a defense. It takes places from the spot where the interruption was caused as long as this spot is outside of the free-throw line (the three point line) of the opposing team. In the latter case the throw is deferred to the nearest spot on the free-throw line. (A free throw is the equivalent of a free kick in soccer).
- b. 7-meter throw (Or a throw from the key): A throw from the Key is awarded when a clear chance of scoring is illegally destroyed anywhere on the court by a opposing team player, official or spectator. It is also awarded when the game is interrupted by a referee and a legitimate scoring chance was possible. The thrower steps with one foot on the Key line with only the defending goalkeeper between them and the goal. The goalkeeper must keep a distance of three meters which is marked by a short tick on the floor. All other players must remain behind the free-throw line until execution. The thrower must await the whistle blow of the referee. (A key throw is the equivalent of a penalty kick in soccer).
- c. Goal Throws: If the ball comes within the goal line (the Key) and has been touched by an offensive player, the goalie can throw it back into play. A goalie is not permitted to pick the ball up outside of the goal line.

9. Players will not be permitted to:

- a. Hit the ball out of the hands of an opponent.
- b. Block or force away an opponent with arms, hands or legs.
- c. Hold or restrain, push, run, or jumps into an opponent.
- d. Endanger an opponent with or without the ball.
- e. Touch the ball in the crease

10. Arguing with Referees by players will not be tolerated.
11. Team Captains may seek information from the referee only for the purpose of clarification of a rule or to improve the play of their team.
12. Players committing flagrant fouls more than once in a game, which are determined by the referees, will be ejected from that game.