



RULES AND REGULATIONS FOR
ELEMENTARY SCHOOL HANDBALL
Junior – (October 2019)

THE TEAM

The recommended roster size is 12-15 per team to accommodate fair play. Any larger rosters are at the discretion of the teacher/coach and their administrator.

A team will consist of 5 players and 1 goalies on the court at a time.

Substitutions will occur on a whistle every 3 minutes. Players will be substituted accordingly.

MIXED DIVISIONS

We will accommodate a Mixed division in the tournament if numbers permit. If numbers do not permit then Mixed teams will be played in the Boys division.

THE GAME

Games are non-contact. Similar in game play to basketball.

Game and shift length is dependent on the schedule.

The game will start with a jump ball.

A cone with a whiffle ball on top will be set-up on each end, within the "crease". The "crease" is designated as the rectangle of the basketball key. To 'score' you must knock off the whiffle ball. In the instance that the ball gets knocked off by the goalie, it will still be a goal. The offensive player may also shoot the ball off the wall to knock the ball off the cone and score a point.

Players cannot jump or step into the key to extend their shooting angle in order to score. Should they enter the key, the goal will not be awarded.

Students may take up to 3 steps, and have 3 seconds before they must pass the ball.

No player is allowed in the "crease" other than the goalie. Should the offensive team go into the crease, the ball will be given to the defensive team.

Players from both teams can run behind the key as long as they stay within the marked "in bounds" portion of the court.

The ball cannot be kicked or "headed" to progress the ball.

The defensive player must remain an arm's length away from the offensive player while defending.

A loose ball whether it is thrown in the air and intercepted or thrown and dropped on the ground is up for grabs. The first team to grab the loose ball will then be on offense. Should two opposing players catch or grab the ball at the same time, the referee will award the ball to a team the first possession using "rock-paper-scissors" between the two players. They will then award the ball to the other team the next time this issue occurs. This is the same as a possession arrow in basketball.

There will not be full-court defense as per our LEA rules of basketball. Due to the 3-step and pass rules, there will be more opportunities for turn overs and sustained action for our Junior students.

A team is allowed one 30-second time out per game.

A time out may be called by either team when the ball is dead. The ball shall be given to the umpire (or referee) at this time. A time out shall be called by the coach through the referee. Players may not leave the court during a time out, but may receive advice from the coach, who may not enter the court.