

Pilot Sport: **Handball**

Court

- ☐ Indoor: Basketball court lines used as out of bounds
- ☐ Outdoor: Slightly bigger than an SOO soccer field (**50 by 35 meters**)
 - Exact sizing is at the discretion of the host and subject to the number of fields needed

Equipment

- ☐ Team uniform
- ☐ Handball size 1 or 0.
- ☐ SKLZ 12' x 6' or s 8'x5' soccer net (dependent on skill level)
 - Find assemble video [here](#).
- ☐ Running shoes are required for play.
- ☐ Goalies will be required to wear protective equipment provided by SOO (Floorball Helmet & Gloves)

The Game

- ☐ Games are **7 on 7**.
 - **1 goal keeper and 6 field players**
- ☐ Games are **20 minutes long**, broken into two 10-minute halves:
 - Includes a 2-minute halftime and a **running clock**.
- ☐ Each team may use one, 1-minute timeout per game.
- ☐ A minimum of **7 players is required to play and teams can have a max of 14 players**.
- ☐ There will be no overtime.
- ☐ There will be a **6 foot crease** that only the goalie may enter
- ☐ **Unified teams can have up to 6 players on a roster and up to 3 plays on the court at a time**

Competition

Objective: to score more points than your opponents.

- ☐ The match begins with a coin toss for possession of the ball.
- ☐ The match will start with a throw off in the middle with everyone on the team behind the half court line.
- ☐ Players must not hold on the ball for more than **5 seconds**.
 - Change of possession if players do so.
- ☐ Players **must not take more than 3 steps**.
 - Change of possession if players do so.
- ☐ You can **pass the ball** in-between players
- ☐ Players **can dribble** to move with the ball
 - **Once they stop dribbling they are allowed 3 steps.**

Scoring

- ☐ **1 point shall be awarded when:**
 - When the ball is thrown into the net and cross the line.
 - **Players cannot step into the crease to score on the net.**

Substitution

- ☐ Teams are allowed unlimited substitutions
 - Subs can happen on the fly.

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Possession Clarifications

- ☐ If a **goalkeeper deflects the ball** out of bounds the goalies team will retain possession of the ball by way of a goalies throw-in.
- ☐ **Team drops the ball:**
 1. Loss of Possession: The team that failed to retain the ball after the pass loses possession.
 2. Restart: The opposing team gains possession of the ball at the location where the ball was dropped.
 3. Restart Rules: To restart play, the player in possession must maintain a minimum distance of 5 feet from the nearest defensive player, ensuring fair play.

Penalties

- ☐ Dribble Fault:
 - Once a player stops dribbling, they can no longer dribble the ball.
 - A change of possession will happen if player does so.
- ☐ Foul: If a player is fouled, their team is awarded a throw-in from the sidelines.
- ☐ **Penalty Shot (12 feet away from goal)**
 - a) **If an offensive player is fouled while shooting**
 - b) **If another player other than the goalie enters the crease**
- ☐ For minor misconduct, a verbal warning followed by a yellow card may be given.
- ☐ Any further warning will lead to a red card and player being sent off for the game.