

D.I.C.S. Inc. Official Handball Rules (Mini Games)

The Field of Play: The field shall be a square or rectangular area divided in half, with a goal on each end. A 20' semi-circle in front of the goal separates the goal area. (Only goalies can legally stand in this area.)

The Ball: The ball used during game play should be the official D.I.C.S. league handball which is a size 3 soccer ball.

The Players' Equipment: Each player must bring their official D.I.C.S. league jersey or one black shirt and one white shirt with them to the field. Once the teams are decided the player will wear the corresponding shirt to the team they have been selected to play on. Cleats are optional; you can wear them if you want to.

The Duration of Play: The play clock is set to 1 hour and 30 minutes at the beginning of the first game. The clock is continuous and will not be stopped during the course of play. Each mini game will be played up to 7 goals. Once a team has scored 7 goals they win the game. After a game two new team captains will be assigned and new teams will be picked. Playing will continue in this fashion until the play clock has stopped.

The Coin Toss: The team captains shall have a coin toss to decide who gets first pick. The losing team in the coin toss will decide which color they want to be, start with ball first, and decides which end of the field they would like to start on. If there is an uneven amount of players the team which won first pick will get the extra player.

The Throw-Off: The offensive team lines up on or behind the centerline and initiates play by the goalie passing the ball out of the goal area to a teammate. The defense players line up around their goal area line. Throw-Offs initiate play and are also used to resume play following a goal.

Offense:

Players are allowed to move a maximum of 3 steps with the ball.

If the player receives the ball on a run they are allowed a maximum of the three steps to come to a complete stop, but then must pass or shoot the ball before a defensive player counts them down.

If a player receives the ball while standing still they are able to take a maximum of three steps with the ball.

Once a player begins to make their steps the following steps must be consecutive. If the player takes a step, then comes to a stop, and then takes another step (leaves a pivot foot) it will be ruled traveling.

Players may dribble the ball one time while taking their three steps, but are not required to do so. Players are not allowed to "double dribble" (dribble twice or stop then dribble again).

Players may hold the ball for 3 seconds before passing or advancing it in some method. The three second count is done at a normal or slightly delayed rate; "One, Two, Three, DEAD". Counting must be done by a defender that is closely marking the offensive player. The counting can begin as soon as the player gains full control over the ball and will continue even if the player moves with the ball.

Except for the goalie players may not play the ball below the knees.

A player may not pass the ball to his/her self by throwing it into the air (air dribble is illegal) or intentionally rolling it forward on the ground.

Offensive players may not charge into defensive players.

Players are not allowed to dive for a ball that is on the ground.

Violations of above rules: Opponents receive a Free Throw

Defense:

Players are allowed to use their body to block an opponent's movement & shots.

Defensive players may not push, hold, trip, or hit an opponent.

Defensive players may not knock the ball away from an opponent's grasp but can steal the ball off a dribble.

Defensive players are able to count an offensive player in possession of the ball down. The three second count is done at a normal or slightly delayed rate; "One, Two, Three, DEAD". The defender must be closely marking the offensive player to count them down. The counting can begin as soon as the player gains full control over the ball and will continue even if the player moves with the ball.

Players are not allowed to dive for a ball that is on the ground.

Violations of above rules: Opponents receive a Free Throw

Goalies:

Goalies are the only player allowed in the goal area.

Goalies may play the ball with any part of the body (including legs & feet).

Goalies may only use their hands to intentionally pass the ball to a teammate.

Goalies are not subject to the 3 step or double dribble rule inside the goal area.

Goalies may hold the ball for 6 seconds before passing or advancing it in some method. The six second count is done at a normal or slightly delayed rate; "One, Two, Three, Four, Five, Six, DEAD"

Goalies may leave the goal area but then are subject to all the regular field rules.

Goal Area:

- Only the goalie may stand inside the goal area.

- If an offensive player is in the circle or on the line, with or without the ball, the ball is given to the opponent and a goal cannot be scored. A free throw is awarded to the defense.

- If the defense gains an "advantage" by being in the goal area, a penalty throw is awarded the attackers.

- A ball inside the goal area belongs to the goalie.

- Offensive players cannot enter the goal area, regardless if they are in the air or still moving forward from their momentum. If an offensive player is in the goal area just prior to, simultaneous to, or just after a goal is scored the goal will not count and the ball will be awarded to the defensive goalie to restart play.

Scoring: Balls must completely pass the goal line inside the goal to count as a score. Goals may be scored from all formal throws (throw-ins, throw-offs, and goal throws by the goalie)

Out-of-Bounds:

On the touchline (sideline): Throw-in is taken from the spot where the ball traveled out of bounds. Opponents must be 10' away when the ball is passed in. Player throwing must have both feet on the line.

On the goal line:

If the ball was last touched by a defensive player (excluding the goalie) then the throw-in will be taken by the offense from the nearest corner.

If the ball was last touched by an offensive player it will result in a "goal-throw" by the goalie.

If the ball was last touched by the goalie it is still a goal-throw by the goalie.

Free Throws (FT):

FT are taken immediately after the turnover or foul has occurred.

FT are thrown from the place the violation occurred.

Defensive players must be 3' away from the thrower.

The thrower must have one foot continuously in contact with the ground and must throw or pass within 3 seconds.

FT are taken for any violation not covered by the penalty throw.

Penalty Throws (PT):

PT are given when:

- Offensive player is fouled with a sure chance to score.

- Goalie carries the ball from outside the goal area back into the goal area.

- Defensive player enters the goal area to gain an advantage over an attacking player.

- Defensive player intentionally plays the ball to the goalie in the goal area.

Follow the "advantage" or "delayed penalty" rule:

- The offensive team is allowed to continue their play until they lose possession of the ball.

- Once the defense gains the ball, play is stopped and the offended team is then given the penalty shot.

- PT are taken from the goal line and shot with only the goalie defending.
- Throwers must keep one foot in contact with the ground behind the line until the ball is released.
- All other players must stand behind the thrower until the ball is released.
- Once the PT is released the ball is live and regular play continues from that point.