



# NANYANG TECHNOLOGICAL UNIVERSITY

## SPORTS CLUB

c/o SPORTS & RECREATION CENTRE  
20 NANYANG GREEN SINGAPORE 637715  
TEL: 67905172 FAX: 63165315  
WEBSITE: WWW.NTUSPORTSCLUB.SG

### Surf N Sweat 2017

#### Beach Handball: Rules and Regulations

## 1 TEAM FORMATION

### 1.1 Number of Players

Two teams consisting of **five (5) players** each are playing the game. Each team will be able to field in **four (4) players (Minimum 1 Female on court at any point of time)** for each game with **one (1) player as substitute**. During the match, substitute players must remain outside the sand court until the moment of substitution. If minimum number of players is not met, the match will not proceed and a walkover will be ruled for the opposing team.

### 1.2 Substitutions

**A rolling substitution system** will be used. A substitute player is allowed to enter into the playing sand court **only after** the player that is being substituted has left the playing sand court. Substitution will be allowed **at any point of the match from the sidelines. Players are to notify referee before substitution. No substitution of Goal Keeper is allowed except during half time.** Failure to abide by substitution rules will result in a free throw given to the opposing team.

## 2 PLAYERS' EQUIPMENT AND ATTIRE

### 2.1 Safety

A player shall not use equipment or wear anything sharp that is dangerous to him/her or to any other players, including any kind of jewelry, as determined by the referees. No watches are allowed. If players are found to have any of these items during game play, they will be asked to remove all dangerous objects prior to the game.

### 2.2 Footwear

**Players shall play bare-footed.** It is strictly forbidden to wear any kind of hard footwear or equipment that may cause injury to another player. Socks and/or elastic ankle guards and/or foot wraps are optional.



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### 2.3 Uniforms

The players' uniforms consist of shorts and shirt/singlet. Use of plastic goggles for eye protection is allowed. Bare-bodied players are not allowed. If both teams are wearing the same colour jersey, each team will be required to send one representative up to do a coin toss. The winner of the game will decide whom to wear the bibs. Randomly attired teams will be required to put on the bibs as well. For hygiene purposes, a shirt must be worn underneath the bibs.

### 2.4 Ball Size

The ball game is played with size 2 molten handball

### 2.5 Hand Glue

No use of hand glue is allowed.

## 3 REGISTRATION & REPORTING

3.1 Registration for all teams will **start at the stipulated time in the confirmation email** at the Beach Event Registration Counter.

3.2 Teams are advised to report to the respective Court IC, **15 minutes prior to the start of their subsequent matches**. If teams are not present at the court during their stated time slot, it would be considered a walkover. The team on the field ready to play will be considered winner with a walkover 5-0 score line for that particular match.

3.3 In case of bad weather or any circumstances on the day of the matches, the respective teams are still required to report on time (unless otherwise instructed). **The organization reserves the right to delay the matches according to contingency plan**. In a situation of heavy rain with thunderstorm, the organization reserves the right to cancel the event with no refunds given. Thank you for your kind understanding.

## 4 REFEREEING

The game shall be directed and officiated by a referee and a timekeeper. The referee shall determine, before or during the game, if the conditions of the area of play and surrounding the area of play are satisfactory for **safe play**. He/She shall use a whistle to officiate the game, positioning himself /herself along the sidelines. The referee shall have full authority to enforce the Laws of the Game in connection with the match to which he has been appointed for. **The decisions of the referee, regarding facts connected with play, are final**. The referee



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who has whistled an infraction shall enter the playing area to position the ball where the infraction was committed, and to position the players accordingly to the Laws of the Game.

## 5 GAMEPLAY

### 5.1 Start of Game / Time-out

A coin toss will be done to decide which team to start first and choose the side to start from. The team, which does not start the game, will start the 2<sup>nd</sup> half. **During the game, in ambiguous situations like jump ball, alternate possession rule applies. (Opposing team who did not start first will gain possession and possession of the ball will alternate from there).** When a goal is scored, play will continue from the goalkeeper in the goal area.

**No time-out** for any reason will be allowed throughout the game. The time will only stop with the approval of the referee when any unforeseen circumstances occur, e.g. injuries to any players on court, equipment failure etc.

### 5.2 Playing Area

- 5.2.1 The playing area is a rectangle that consists of a field of play and two Goal Areas.
- 5.2.2 The long sides are known as the sidelines and the short lines as the Goal Area lines.
- 5.2.3 The Goal Areas are extensions of the playing area accessible only to the goalkeeper.
- 5.2.4 The Goal Post is positioned at each end of the Goal Area behind the goal line. (Base line)

### 5.3 Scoring and deciding outcome of the Game

- 5.3.1 A player scores a point if the ball has crossed the entire width of the goal line:
- 5.3.2 An additional point is granted in the following cases (maximum cap of 2 points per goal):
  - 5.3.2.1 A goal is scored while reception of ball in flight and launching it while still in flight (i.e. the player who touches the ball in midair has not landed)



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- 5.3.2.2 A goal is scored by the goal keeper in the field of play
- 5.3.2.3 A 6 meter penalty shot
- 5.3.2.4 When a female scores
- 5.3.2.5 When an attractive/style goal is scored
  
- 5.3.3 A point is granted to the opposition if a player plays the ball into his own goal
- 5.3.4 During knockout stage, if at the end of two half the result is a tie, extra time is played. "Golden goal rules apply" i.e. the winner is the team to score the first TWO goals.
- 5.3.5 In the event of a tie after extra time, a "Shoot-out" is played.
  - 5.3.5.1 3 players will each take turns to shoot into the goal alternating with the opposition team. A player starts at the corner of the playing area and passes the ball to his goalkeeper, after which he will run towards the opponent's goal and receive the pass from his goalkeeper within 3 seconds. He will then make an attempt to score. The Attacking goalkeeper is not allowed to leave the goal area.
  - 5.3.5.2 The ball is not allowed to touch the ground at all times. (Note: this is only for Shoot-out)
  - 5.3.5.3 If the attacking team commits a foul, the round of shoot-out is forfeited. If the defending keeper commits a foul, a **6-meter throw** will be awarded to the attacking team.
  - 5.3.5.4 The opposing goal keeper is allowed to move out of the goal area once the ball leaves the player's hand.
  - 5.3.5.5 If a tie results after the "Shoot-out", it is played again until a winner is determined by the team that scores an advantage goal.

## 5.4 Faults

### Players are permitted to:

- 5.4.1 Use arms and hands to block and gain possession of the ball
- 5.4.2 Use the body to obstruct an opponent even when the opponent is not in possession of the ball
- 5.4.3 Hold the ball for a maximum of 3 seconds, also when it is lying on the floor; the ball may not remain on the ground longer than 3 seconds and then be picked up again by the same player who last touched it (free-throw)
- 5.4.4 Bounce the ball repeatedly with one hand (dribble; As soon as the ball thereafter is held in one or both hands, it must be played within 3 seconds or after



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no more than 3 steps. After the ball has touched another player or the goal, the player is allowed to tap the ball or bounce it and catch it again.

5.4.5 Clamp a player from the front with your arms when the player is in **possession of the ball only.**

The player in possession of the ball who has been clamped for 2 seconds, will have a free throw (defending player required to back off 1m from the ball).

### **Players are NOT permitted to:**

- 5.4.6 Touch the ball with your leg (below the knee cap)
- 5.4.7 Make more than 3 contacts with the feet on the ground whilst holding the ball
- 5.4.8 Hold the ball for more than 3 seconds
- 5.4.9 Touch any area outside of the field of play while holding the ball
- 5.4.10 Pull or hit the ball out of an opponent's hand
- 5.4.11 Blocks or force an opponent away with arms, hands or legs
- 5.4.12 Restrains, hold, push, run or jump into an opponent
- 5.4.13 (Attacker) makes contact with the Goal Area before he has thrown the ball
- 5.4.14 (Defender) goes into the Goal Area to take a defensive position
- 5.4.15 Enter the ground, upon substitution, before his teammate has left the court
- 5.4.16 Touch the ball more than once, unless it has touched the floor, another player, or the goal in the meantime; Fumbling the ball is not penalised, however if the ball has already been controlled, then the player may not touch it more than once after tapping or bouncing it.
- 5.4.17 Pass the ball back to the goalkeeper, if he is still in the goal area, it will result in a turn over
- 5.4.18 Clamp a player from the side or from the back (only front clamping is allowed.
- 5.4.19 Clamp a player when the player is not in possession of the ball.
- 5.4.20 Roll the ball intentionally on the ground and picking it either by the player himself again or by his/her teammate.
- 5.4.21 Male to clamp a female.



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If the above mention faults have been committed, it will result in a indirect free throw. A free throw would require the defending team players to be **1 meter** away from the ball.

In case of disqualification of a player, two points are granted to the opposite team. (The sanctioned team can continue playing with the complete number of players). In addition, two points will be awarded to the attacking team in a situation of a “one against goalkeeper” and when the defending goalkeeper defends incorrectly.

A fault is penalised by a breakdown in favour of the adverse team. The referee is to ensure the free throw is taken where the fault occurred. In the event a fault is made within the goal area by a defender, a 6m throw is awarded. In the event a fault is made within the goal area by the attacker, a free-throw is awarded to the opposing team.

### 5.5 The Goal Keeper

#### Is permitted to:

5.5.1 Touch the ball with any part of his body while in the act of defence inside the goal area

5.5.2 Move with the ball inside the goal area, without being subject to the restrictions applying to court players

5.5.3 Leave the goal area without the ball and participate in the game in the playing area; when doing so, the goalkeeper becomes subject to the rules applying to players in the playing area. However, the goalkeeper can only enter the playing field from the side lines. Hence, they are required to move out of the court and re-enter the court from the side lines into the playing field.

#### Is NOT permitted to:

5.5.5 Leave the goal area with the ball under control (free throw)



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5.5.6 Touch the ball again outside the goal area following a goalkeeper-throw, until after it has touched another player

5.5.7 Touch the ball when it is stationary or rolling on the floor outside the goal area, while he is inside the goal area

5.5.8 Take the ball into the goal area when it is stationary or rolling on the floor outside the goal area

5.5.9 Re-enter the goal area from the playing area with the ball

### 5.6 Starting and Restarting of Play

5.6.1 The team that has conceded a point restarts the game with a goalkeeper throw

5.6.2 The restart shall take place from the goal area

5.6.3 For balls that leave the playing area, a throw-in is done from the point the ball left the playing area. Player has to put one foot on the line before making the throw

5.6.4 If the ball leaves the playing area from the side line, a throw in is done 1 m away from the goal area line along the side line

### 5.7 Attacking

5.7.1 Attackers, with possession of the ball, are only allowed to take a maximum of 3 steps, with step 1 being the first foot taken on the ground while in possession of the ball.



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### 5.8 Defending

- 5.8.1 Defenders are only allowed to clamp a player from the front with your arms only when the player is in possession of the ball. The player, in possession of the ball, who has been clamped for 3 seconds or as deemed by referee, will have a free throw (defending player required to back off 1 metre from the ball).
- 5.8.2 Defenders are permitted to use arms and hands to block and gain possession of the ball.
- 5.8.3 Defenders are allowed to use their body to block an opponent even when the opponent is not in possession of the ball

### 5.9 Fouls

- 5.9.1 Referees may issue warnings/sending-offs if players keep repeating the same foul.
- 5.9.2 When a foul is committed, ball possession is awarded to the opposing team. The opposing team must play the ball from the point where the foul was committed immediately, without the use of any actions to deliberately stall time.
- 5.9.3 Depending on the seriousness of each foul, 6m throw, suspensions or sent-offs will be issued accordingly by the referees.
- 5.9.4 **A 6-meter throw is awarded when**
- a) A clear chance of scoring is destroyed anywhere on the court by a player or a team official of the opposing team
  - b) There is an unwarranted whistle signal at the time of a clear chance of scoring
  - c) A clear chance of scoring is destroyed through the interference of someone not participating in the game



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5.9.5 A yellow card or a red card will be issued at the referee's discretion in the event of a foul.

5.9.6 When a player is issued 3 yellow cards, he or she will be suspended from play.

5.9.7 When a total of 4 yellow cards are issued collectively to the team, the 4th player on offense will be suspended from play.

## 6 DISQUALIFICATION

### 6.1 **Yellow card:**

6.1.1 Defending another player from the side or from the back, such as clamping.

6.1.2 Pushing of attackers when attackers jump in the air.

6.1.3 Clamping a player who does not have the ball.

6.1.4 Other acts of dangerous play deemed by the referee.

6.1.5 When referee deems that the player is faulting on too many occasions on purpose.

### 6.2 **Disqualifications (Red card/ 3<sup>rd</sup> yellow card):**

6.2.1 When a player is awarded with 3 yellow cards

6.2.2 Shoot at a goalkeeper's face during the penalty when goalkeeper did not move his/her head.



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6.2.3 Technical fouls such as defiance to referee's decisions.

6.2.4 Other acts of dangerous play deemed by the referees.

## 7 DURATION

7.1 The duration of all matches for the group stages shall be **8 minutes (running clock)**, divided into **2 halves of 4 minutes each**, with a **1 minute interval in between**. Teams will switch sides after each half.

7.2 From the Knockout Stages on, each match shall be **12 minutes (running clock)**, divided into **2 halves of 6 minutes each** with a **1 minute break at half-time**.  
In the event of a tie, extra time will be played. Extra time shall be **3 minutes**, divided into **two halves of 1.5 minutes each with no interval in between**.  
During extra time, the **"golden goal" rule applies**, i.e. the winner of the half shall be the first team to score two (2) goal.  
The decision on who to start the game for extra time will be decided by a coin toss.  
In the event of a tie after extra time, a "Shoot-out" is played until a winner is determined.

## 8 SCORING

8.1 The teams will be divided into **two (2)** groups. The Group Stages will be played on a single **round robin** League system. Top 2 teams from each table will qualify and move on to play in the knockout stages.

8.2 In all league games, point will be awarded as follows:

<b>WIN</b>	<b>3 POINTS</b>
<b>DRAW</b>	<b>1 POINT</b>
<b>LOSE</b>	<b>0 POINT</b>



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- 8.3 In the event of a tie in points between **TWO** teams in the same table, the deciding factor will be in the sequence of
- i) Outcome of the head to head games involving the tied teams
  - ii) Goal difference,
  - iii) Number of goals scored
- 8.4 In the event of a tie in points between **MORE THAN TWO** teams in the same table, the deciding factor will be in the sequence of
- i) Goal difference,
  - ii) Number of goals scored
- 8.5 If both teams fail to turn up on time, it would be considered as a lost for both teams hence no points would be awarded to either team.

## **9 INJURIES**

- 9.1 If there are any injuries involved, the injured player will need to leave the court (if possible) and the time on the stopwatch will continue to run.
- 9.2 However, if the injury results in the player being unable to be shifted out of court, the game will stop. If the opponent caused the injury deliberately, the game will be awarded to the team with the injured player. However, if the injury was accidental, time keeper will have to stop and record the time on the score.

Serious injuries will include: Broken limbs/ Neck

Minor injuries: Abrasions/ Sprains

**For minor injuries, please report to medics immediately and JASON TANG (H/P: 9638 3531). For serious injuries please report to FLORENCE OOI (H/P No.: 9739 6599) with details of the injury.**