

Surf n Sweat '12

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 Females 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.

In order for each game to start, both teams must have **at least four (4) players, including at least 1 female**. If this criterion cannot be met, the opposing team shall be declared the winner with a **6-0** walkover score line.

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**. 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 on court. Referees have the right to stop the game and request for any dangerous items found on players to be removed immediately.

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 and/or foot wraps are optional.

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 discouraged. If both teams are wearing the same color jersey, each team will be required to send one representative up to play scissors paper stone. The winner of the game will decide whom to wear the bibs. Random 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 The ball game is played with size 2 molten handball provided by Handball Federation of Singapore (HFS).

3. REGISTRATIONS & REPORTING

3.1 Registration for all teams will **start at the stipulated time in the confirmation email** at the Side Event Registration Counter. If the team fails to register during this period of time, they will be disqualified from the competition and there will be no refunds given. Therefore, **BE PUNCTUAL** so as to facilitate the event as well.

3.2 Teams are to report to the respective Court IC, **10 minutes prior to the start of their subsequent matches**. Teams are required to hang around the courts so that the matches can start punctually. If teams are not there at the stipulated time, a walkover will be awarded to the other team.

If the team is unable to field a min of 4 players or fulfill the minimum criteria of one female on court when their match is supposed to commence, the opposing team will be awarded with a walkover. The opposing team on the field ready to play will be considered winner with a walkover 6-0 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. The organization reserves the right to cancel the entire event if heavy rain persists and no refunds will be given. We seek your understanding in this.**

4. REFEREEING

4.1 Referee

The game shall be directed and officiated by 2 referees 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 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.** Therefore, **do not argue with the referees**. The referee 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

The game is played in 2 halves. The team who wins the scissors paper stone can choose which side to score/defend. Each team is required to send out one player for a jump ball. The referee will toss the ball and whichever team representatives gain possession of the ball will continue the game play. When a goal is scored, play will continue from the goalkeeper in the goal area. (Similar to Captain's ball)

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 foreseen 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:
 - 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)
 - 5.3.2.2 A goal is scored with a spectacular action as deemed by the referees
 - 5.3.2.3 A goal is scored by the goal keeper in the field of play
 - 5.3.2.4 A 6 meter penalty shot
 - 5.3.2.5 When a female scores
- 5.3.3 A point is granted to the opposition if a player plays the ball into his own goal
- 5.3.4 During knock out stage, if the end of two half, results in a tie, extra time is played. "Golden goal rules apply" i.e. the winner is the team to score the first goal. Extra time is decided by a referee throw.
- 5.3.5 In the event of a tie after extra time, a "Shoot-out" is played, which is decided by a jump ball.
 - 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

It is 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), or roll the ball on the ground repeatedly with one hand, and then catch it or pick it up again with one or both hands; As soon as the ball thereafter is held in one or both hands, it must be played within 3 seconds or after 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 who has been clamped will have a free throw (defending player required to back off 1m from the ball).

It is not permitted to:

5.4.5 Touch the ball with your leg (below the knee cap)

5.4.6 Make more than 3 contacts with the feet on the ground whilst holding the ball

5.4.7 Hold the ball for more than 3 seconds

5.4.8 Touch any area outside of the field of play while holding the ball

5.4.9 Pull or hit the ball out of an opponent's hand

5.4.10 Blocks or force an opponent away with arms, hands or legs

5.4.11 Restrains, hold, push, run or jump into an opponent

5.4.12 (Attacker) makes contact with the Goal Area before he has thrown the ball

5.4.13 (Defender) goes into the Goal Area to take a defensive position

5.4.14 Enter the ground, upon substitution, before his teammate has left the court

5.4.15 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 penalized, however if the ball has already been controlled, then the player may not touch it more than once after tapping or bouncing it.

5.4.16 Neck your opponent and hold your opponent if they do not have the ball (i.e. clamping)

5.4.17 To 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 To clamp a player from the side or from the back (only front clamping is allowed).

5.4.19 To clamp a player when the player is not in possession of the ball.

If the above mention faults have been committed, it will result in a 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 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 defense 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 sidelines. Hence, they are required to move out of the court and re-enter the court from the sidelines into the playing field.

5.5.4 To leave the goal area with the ball and play it again in the playing area, if he has not managed to control it.

Is not permitted to:

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

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

6. Disqualification/ Suspensions

6.1 Suspensions (Yellow card) :

- 6.1.1 Defending another player from the side or front 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.

6.2 Disqualifications (Red card/ 2nd yellow card) :

- 6.2.1 When a player is awarded with 2 suspensions (i.e. yellow card)
- 6.2.2 Shooting at a goalkeeper's face during the penalty when goalkeeper did not move his/her head.
- 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

- 6.1 The duration of all matches for the group stages shall be **8 minutes**, divided into **2 halves of 4 minutes each**, with a **1minute interval in between**. Teams will switch sides after each half.
- 6.2 From the Knockout Stages on, each match shall be **12 minutes**, 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 a goal.
The decision on who to start the game for extra time will be decided by a referee toss (jump ball).

In the event of a tie after extra time, a “Shoot-out” is played until a winner is determined.

7. **SCORING**

7.1 The teams will be divided into **four (4)** groups. The Group Stages will be played on a single **round robin** League system. Top 2 teams qualify and move on to play in the knockout stages.

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

WIN 3 POINTS

DRAW 1 POINT

LOSE 0 POINT

7.3 If two or more teams tie in their points after the group stages, the team with the **highest goal difference** will qualify. Should there still be a tie after applying this rule, then the team with the **highest number of goals scored qualifies**. Should there still be a tie after applying this rule, then the team to qualify will be decided by looking at the head-to-head results between the tied teams.

7.4 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 teams.