

FOS Handball Tournament

Tournament Particulars:

Format:

- Round Robin** (1 division of 5 teams. Top 4 teams in each division advance) **This may change depending on the number of teams**
- Game starts with a jump ball
- Free to go anywhere except in the goalie's creases (yours and opponents!)
- **Equal Playing Time** (2 shifts of 5 minutes each per half). **Coach must choose and keep 2 units of 4 players each to play the whole half;** adjustments to 4 player units may be made at half. **There will be one unit of Girls (Play the first 5 min of each half) and one unit of Boys (Play the second 5 min of each half)**
- **Ball-7" foam/gatorskin-type (Dodgeball Size)**
- **dropped pass (unsuccessful pass) results in change of possession**

Game Time:

25 minutes in length-2 shifts of 5 minutes each per half. Shift change will be indicated with a whistle. There will be a ~5 minute halftime.

Rules:

- **3 steps maximum**
- **3 seconds with the ball maximum**
- **no stripping/slapping or ripping the ball out of player's hands (~arm's length away on D)**
- **rough play will result in a player warning (2 warnings in same game out of game)**

- middle school refs? Trying to find some, so please be considerate
- must shoot from outside of the goalie's crease. However, you can jump from outside the crease, shoot while still in the air and land in the crease.
- goalie must stay in the crease and can only play the ball in his/her crease
- goalie must stay in net for the whole 5 minute shift, however he/she may change for the next shift
- hand-offs are allowed
- you are allowed to block passes and shots (~arm length on "D")
- jump ball at the beginning of game and at half
- when a goal is scored, the goalie pulls it out of the net and play simply starts
- if ball goes out of bounds, the other team that didn't throw it out grabs it and throws it in from the sideline (like soccer)
- MAN TO MAN DEFENCE ONLY
- if defence is blatantly in the crease and interferes with a scoring chance, then a penalty shot is awarded
- no sliding or diving for the ball, except for the goalie

1. If a shot is taken on the goalie...there is no rebounds....if it is stopped it is the defensive teams ball.

2. You can bounce a shot into the net

3. Clear to half on a goal...goalie starts with it...after first pass (from goalie) players can challenge and move back in

4. One pass before a shot on a change of possession.

5. No stripping the ball from a defender....about an arms length for defense.

