

Handling or “hand ball” may be called a foul in a few situations (these do not apply to goalies):

- When a player deliberately plays or controls the ball with any part of their arm from shoulder to hand.
- When the ball touches a player’s arm (shoulder to hand) when the arm is in an unnatural position, even accidentally.
- When a goal is scored off a player’s arm whether deliberate or accidentally.

A foul may not be called:

- If a player’s arm is at their side (a natural position) and the ball accidentally hits it.
- If a player is falling and trying to break their fall and the ball touches their arm.

A goalie may be called for handling if:

- They control the ball with their arm or hand outside the penalty area.
- In the act of throwing the ball from within the penalty area, the goalie releases the ball from their hands and their hands break the plane of the penalty area while still touching the ball.