

European Handball

Rules & Regulations

General

1. Gameplay will consist of 5 players and 1 goalie.
2. The game will start with one team in the center throwing the ball backwards to a teammate (similar to soccer). A coin-toss will determine the first possession.
3. Games will consist of two 20 minute halves, with a 5 minute half-time.
4. A goal is scored once the entire ball has crossed the line; if the ball only partially crosses over the goal line and is saved then it is not a goal.
5. Players may only attempt to throw for a goal outside of the designated goalie box.

Ball handling

1. Players are allowed to move with the ball for a maximum of 3 steps and then must pass to another teammate or attempt a shot on goal. (A step is considered when a player lifts any foot off the ground and places it back down, even if it is in the same spot).
2. Kicking the ball is prohibited.
3. Players are only allowed to hold the ball for 5 seconds without moving when closely guarded by a defender.
4. A drop ball will result in a change of possession.
5. Players may use their hands (open or closed) to catch, push or hit the ball. Use of the chest, head and knees are also permitted. However use of leg below the knee is not permitted.
6. A player may not handle the ball more than once consecutively (not allowed to pass to oneself) unless the ball is first deflected or recovered after being hit from the player's hands by a defender.
7. If a team is making no attempt to shoot, the referee will reward the other team possession of the ball.
8. The defending player may not pull the ball out of the offensive player's hands.

Out of bounds

1. Once the ball goes over the sidelines it is out of bounds and is awarded to the opposing team at the point it went out.
2. On a throw-in, the ball must be passed to a teammate before a shot on goal can be attempted (i.e. no direct shots on goal from out of bounds).
3. All defenders must stay back at least 3 feet from the in-bounder when the ball is being thrown in.

Goalies

1. Only the defending goalkeeper is allowed inside the goal crease.
2. All shots on goal must be attempted from outside the crease (goals scored while any body part is within the crease will not count).
3. Goalies are allowed to pass the ball forward to offensive players as long as the pass isn't over half.

Penalties

1. A penalty shot at the penalty line will be given for roughing, tripping, and anything deemed unsportsmanlike by the official. Three penalties in one game leads to a game misconduct.

Handball Example Video Link - <https://www.youtube.com/watch?v=69Ap8WsenXc&vl=en>

Badminton

Rules & Regulations

Object of the Game

The object of badminton is to hit the shuttlecock over the net and have it land in the designated court areas. If your opponent manages to return the shuttlecock then a rally occurs. If you win this rally i.e. force your opponent to hit the shuttlecock out or into the net then you win a point. You are required to win 21 points to win a set with most matches being best of 3 sets. Points can be won on either serve.

Scoring

A point is scored when you successfully hit the shuttlecock over the net and land it in your opponent's court before they hit it. A point can also be gained when your opponent hits the shuttlecock into either the net or outside the parameters.

Winning the Game

To win a game you must reach 21 points before your opponent. If you do so then you will have won that set. If the scores are tied at 20-20 then it comes down to whichever player manages to get two clear points ahead. If the points are still tied at 29-29 then the next point will decide the winner of the set. Winning the overall game will require you to win 2 out of the 3 sets played.

Rules of Badminton

- A game can take place with either two (singles) or four (doubles) players.
- To score a point the shuttlecock must hit within the parameters of the opponents court.
- If the shuttlecock hits the net or lands out then a point is awarded to your opponent.
- Players must serve diagonally across the net to their opponent. As points are won then serving stations move from one side to the other. There are no second serves so if your first serve goes out then your opponent wins the point.
- A serve must be hit underarm and below the server's waist. No overarm serves are allowed.
- Each game will start with a toss to determine which player will serve first and which side of the court the opponent would like to start from.
- Once the shuttlecock is 'live' then a player may move around the court as they wish. They are permitted to hit the shuttlecock from out of the playing area.
- If a player touches the net with any part of their body or racket then it is deemed a fault and their opponent receives the point.
- A fault is also called if a player deliberately distracts their opponent, the shuttlecock is caught in the racket then flung, the shuttlecock is hit twice or if the player continues to infract with the laws of badminton.

Dodgeball

Rules & Regulations

Winning the Game

The game is over when all of the players on one team are eliminated, resulting in the other team winning the game. If both teams still have members at the end of an allotted amount of time, the winning team will be the one with most players. If this still results in deadlock, overtime can be played.

Rules of Dodgeball

- The number of players, number of balls, and size of court and length of game can be determined by the organizers.
- Players must remain within the court at all times, unless collecting dead balls.
- Players are allowed to leave the court to collect balls but they are not allowed to throw the ball until they are back within the court. If a player leaves the court for any other purpose or they throw a ball from outside the court, they are eliminated.
- Players will be eliminated for head shots.
- When a player catches a ball, the throwing player will be eliminated.