



# IHF – RULE CHANGES 2010



Version 5

A background image showing two female handball players in yellow jerseys celebrating a goal. They have their arms raised in the air. In the background, a goal net and a player in a green jersey are visible.

# Presentation of IHF Rules Changes 2010

valid from 1 July 2010

prepared by

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IHF Playing Rules and Referees Commission

using material from Dietrich Späte, IHF Commission of Coaching and Methods

## Philosophy and goals

More criteria for assessment as (many) examples



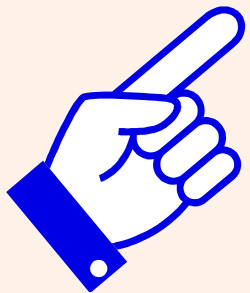
- Simplification
- Adjustment of the Rules according to game development
- Apply standards out of the criteria → resulting in teaching material



*Italic on purple ground =  
original Rules text.*

Small on yellow ground =  
remark for modification

Normal typing on light blue ground =  
supplementary comments



Important information



Examples available on the IHF Teaching DVD



# Rules 8 and 16

## Fouls and unsportsmanlike conduct; punishments



## Permitted Actions (8:1)

In principle unchanged – “trunk” instead of “body”

correct:



***It is permitted:***

- a) to use an open hand to play the ball out of the hand of another player;*
- b) to use bent arms to make body contact with an opponent, and to monitor and follow him in this way;*
- c) to use one's trunk to block the opponent, in a struggle for positions in a space;*

Blocking is to prevent the opponent from running into free space.



## Blocking



### Goal:

- To block the way of the opponent
- To obtain open space

### Technique:

- Blocking with the trunk

### Not allowed:

- Active blocking with arms, feet and legs
- Any active action, like pushing, shoving away , holding , running into

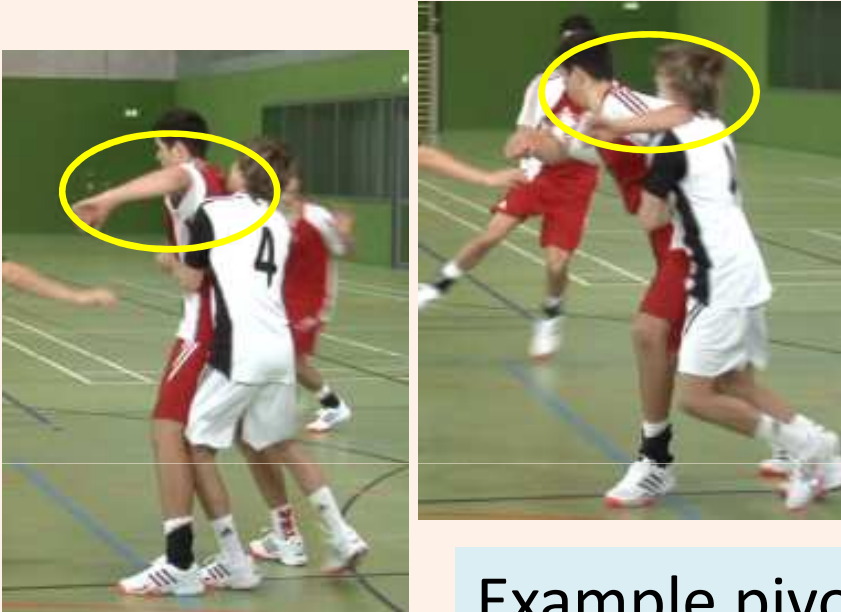
Taking the blocking position, the attitude during the block and moving out of the block must in general be passive against the opponent.



## Rules violation (8:2)



In principle unchanged– New reference to dangerous use of the elbows, as a starting position as well as in motion



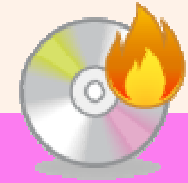
*It is not permitted:*

- a) to pull or hit the ball out of the hands of the opponent;*
- b) to block the opponent with arms, hand, legs, or to use any part of the body to displace him or push him away; this includes a dangerous use of the elbow, both as a starting position and in motion;*



Example pivot: repeated elbow in front of head/neck  
= unnatural position  
= danger for the opponent

## Rules violation (8:2)



*It is not permitted:*

*c) to hold an opponent (body or uniform), even if he remains free to continue the play;*

*d) run into or jump into an opponent;*



Hold body or uniform of the opponent



Run/jump into an opponent



## Incorrect Blocking (8:2)



- 1 Wrong timing. The block is set too late
- 2 Wrong blocking: active block with foot position (long step)

Example 1

## Incorrect Blocking(8:2)



**3** Using the legs to block and holding the arms is against the Rules

**4** Rules violation means incorrect advantage for the attacker.

Example 1



## Incorrect Blocking(8:2)



- 1 The defender wants to run around the block into the direction of the pass.
- 2 Big step to prevent that (= Rules violation)

Example 2

## Incorrect Blocking(8:2)



Rules violation leads to a clear advantage for the attacker.

3 The attacker pushes the defender actively.

Example 2



## Incorrect Blocking(8:2)



Single aspect A

Rules violation:

Pushing away with  
backside – low centre of  
gravity



## Incorrect Blocking(8:2)



Single aspect B

Rules violation:  
Blocking with active use  
of arms





## Incorrect Blocking(8:2)



Single aspect C

Rules violation:

The attacker holds back the defender.



### Fouls

I

8:3



Normal  
progressive  
punishment

II

8:4



Direct  
2- minute  
suspension

III

8:5



Disqualification  
without  
report

IV

8:6



Disqualification  
with  
report

### Unsportsmanlike conduct

8:7



Normal  
progressive  
punishment

8:8



Direct  
2- minute  
suspension

8:9



Disqualification  
without  
report

8:10



Disqualification  
with  
report



### Fouls

### Criteria

8:3



Normal  
progressive  
punishment

8:4



Direct  
2- minutes  
punishment

8:5



Disqualification  
without  
report

8:6



Disqualification  
with  
report

a) The position: b) The part of the body:

- frontal
- from the side
- from behind
- torso
- throwing-arm
- legs
- head/throat/neck

c) Dynamics:

- Intensity of illegal body contact
- and/or foul where the opponent is full speed

d) Effect:

- impact on the body and ball control
- reduction or prevention of moving
- spoil game continuation

**Each situation is relevant:**

e.g. shooting, breaking away into free space, fast moving

### Fouls

8:3



Normal  
progressive  
punishment

As before , the action is mainly or exclusively aimed at the body of the opponent (now depending on the criteria)



### Fouls

*For certain fouls, the punishment is a direct 2-minute suspension, regardless of whether the player had received a warning earlier. This applies especially for such fouls where the guilty player disregards the danger to the opponent*

**8:4**



Direct  
2- minute  
suspension



*Taking into account the decision-making criteria under 8:3, such fouls could for instance be:*



See next chart



### Fouls



8:4



Direct  
2- minute  
suspension



- a) fouls that are committed with high intensity or against an opponent who is running fast;*
- b) holding on to the opponent for a long time, or pulling him down;*
- c) fouls against the head, throat or neck;*
- d) hard hitting against the torso or throwing arm;*
- e) attempting to make the opponent lose body control (e.g., grabbing the leg/foot of an opponent who is jumping; see, however, 8:5a);*
- f) running or jumping with great speed into an opponent.*

### Fouls

8:4



Direct  
2- minute  
suspension



Holding back for long time

against the head



*A player who is attacking an opponent in a way **that is dangerous to his health is to be disqualified** (16:6a). The special danger to the opponent's health follows from the **high intensity of the foul** or **from the fact that the opponent is completely unprepared** for the foul and therefore cannot protect himself (see Rule 8:5 Comment).*

*In addition to the criteria of 8:3 and 8:4, the following decision-making criteria also apply:*

**8:5**



**Disqualification  
without  
report**

- a) the actual loss of body control while running or jumping, or during a throwing action;*
- b) a particularly aggressive action against*

*a part of the body of the opponent, especially face, throat or neck;  
(the intensity of the body contact);*

- c) the reckless attitude demonstrated by the guilty player when committing the foul.*





### Comment:

*Also a foul with a very small physical impact can be very dangerous and lead to a severe injury, if the foul is committed in a moment when the player is jumping in the air or running, and therefore is unable to protect himself. In this type of situation, it is the danger to the opponent and not the intensity of the body contact that is the basis for the judgment whether a disqualification is warranted.*

8:5



Disqualification  
without  
report

Actual loss of  
body control while  
running or  
jumping –  
reckless !



### Goalkeeper:

*This also applies in those situations where a goalkeeper leaves the goal area, for the purpose of catching a pass intended for an opponent.*

*Here the goalkeeper has the responsibility for ensuring that a situation does not arise that is dangerous to the health of the opponent.*

*He is to be disqualified if he:*

- a) gains possession of the ball, but in his movement causes a collision with the opponent;*
- b) cannot reach or control the ball, but causes a collision with the opponent;*



8:5



Disqualification  
without  
report

### Goalkeeper:



There are only 2 decisions possible:

- RED Card Goalkeeper
- Attacker provokes the crash and therefore progressive punishment because of unsportsmanlike conduct



8:5



Disqualification  
without  
report

(never attacker foul !!)

*If the referees are convinced in one of these situations, that, without the illegal action from the goalkeeper, the opponent would have been able to reach the ball, then a 7-meter throw is to be awarded.*



### Fouls



Exclusion does not exist anymore.



### Criteria

If an action is classified by the referees as:

- **particularly reckless**
  - **particularly dangerous**
  - **premeditated or malicious, not in any way related to the game situation;**
- a written report must be submitted after the game.

8:6 Disqualification with report



Inform “responsible team official” after decision:

„This is a disqualification with report „

By means of examples, unsportsmanlike conduct is divided into 4 levels according to 8:7-8:10 (see figure in the margin). Previously these examples were mainly included in the Clarifications to the Rules of the Game.



### Unsportsmanlike conduct

8:7



Normal  
progressive  
punishment

8:8



Direct  
2- minute  
suspension

8:9



Disqualification  
without  
report

8:10



Disqualification  
with  
report

*The actions listed below under a-f are examples of unsportsmanlike conduct that is to be punished progressively, beginning with a warning:*

*a) protests against referee decisions, or verbal and non-verbal actions intended to cause a specific referee decision;*

Rephrased but unchanged

*b) harassing an opponent or teammate through words or gestures, or shouting at an opponent in order to cause distraction;*

Rephrased but unchanged

8:7



Normal  
progressive  
punishment



Unsportsmanlike  
conduct



c) *delaying the execution of a formal throw for the opponents, by not respecting the 3-meter distance or in some other way;*

Rephrased with  
additional possibilities

Unsportsmanlike  
conduct

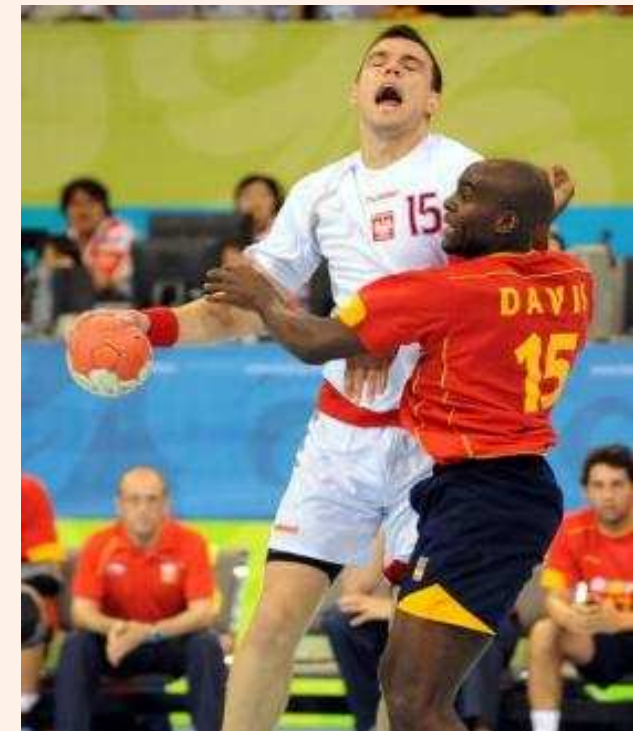
8:7



Normal  
progressive  
punishment

d) *through 'theatre', trying to mislead the referees regarding the actions of an opponent or exaggerating the impact of an action, in order to provoke a time-out or an undeserved punishment for an opponent;*

Rephrased, must be  
implemented more  
consistently !!



e) *actively blocking a shot or pass by using a foot or lower leg; pure reflex motions, e.g., moving the legs together, are not to be punished*

Rephrased but unchanged

f) *repeated entering of the goal area for tactical reasons;*



Rephrased, must be implemented more consistently !!



Unsportsmanlike conduct



8:7



Normal progressive punishment



*Certain unsportsmanlike actions are by their nature seen as more severe and warrant an immediate 2-minute suspension, regardless of whether the player or the officials had received a warning earlier. This includes:*

*a) protests involving loudness with forceful gestures, or provocative behaviour;*

new

*b) when there is a decision against a team in possession, and the player with the ball does not immediately make it available to the opponents by dropping it or putting it down on the floor;*

Rephrased but unchanged

Unsportsmanlike  
conduct

8:8



Direct  
2- minute  
suspension





*c) blocking the access to a ball that went into the substitution area;*

adapted

Note:

Disturbing the game or interfering from the bench is covered by Rule 8:10



Unsportsmanlike  
conduct

8:8



Direct  
2- minute  
suspension

*Certain forms of unsportsmanlike conduct are considered so serious that they warrant a disqualification. The following are examples of such conduct:*

*a) throwing or hitting the ball away in a demonstrative manner, after a decision by the referees;*

Rephrased but  
unchanged

*b) if a goalkeeper demonstratively refrains from trying to stop a 7-meter-throw;*

Rephrased but  
unchanged

Unsportsmanlike  
conduct

8:9



Disqualification  
without  
report

*c) deliberately throwing the ball at an opponent during a stoppage in the game; if it is done with a lot of force and from very short distance, it is more appropriately regarded as a 'particularly reckless action' under 8:6 above;*

Rephrased but unchanged

*c) when a 7-m shooter hits the goalkeeper's head, if the goalkeeper does not move his head in the direction of the ball;*

Rephrased but unchanged



Unsportsmanlike  
conduct

8:9



Disqualification  
without  
report

This doesn't include usual moves of the goalkeeper concerning his defending behaviour. What is meant is a move into the ball's path



*e) when a free-throw shooter hits a defender's head, if the defender is not moving his head in the direction of the ball;*

Rephrased but unchanged



Remark concerning c) and d):

The thrower has the responsibility not to endanger the goalkeeper or the defender.



Unsportsmanlike  
conduct

*f) an act of revenge after having been fouled.*

Rephrased but unchanged

8:9



Disqualification  
without  
report

*If the referees classify a conduct as **extremely unsportsmanlike**, they must submit a written report after the game, so that the responsible authorities are in a position to take a decision about further measures.*

*The following actions may serve as examples:*

- a) insulting or threatening behavior directed at another person, e.g., referee, timekeeper/scorekeeper, delegate, team official, player, spectator; the behavior may be in verbal or non-verbal form (e.g., facial expression, gestures, body language or body contact).*

Rephrased but  
unchanged

Unsportsmanlike  
conduct



8:10  Disqualification  
with  
report

- b) (I) the interference by a team official in the game, on the playing court or from the substitution area, or*
- (II) a player destroying a clear chance of scoring, either through an illegal entry on the court (Rule 4:6) or from the substitution area;*

New as an example

Rephrased but unchanged



Unsportsmanlike  
conduct

8:10  Disqualification  
with  
report



c) *if during **the last minute** of a game the ball is out of play, and a player **or team official** prevents or delays the execution of a throw for the opponents, in order to prevent them from being able to take a shot on goal or to obtain a clear scoring chance; this is considered extremely unsportsmanlike, and it applies to any type of interference (e.g., with only limited physical action, intercepting a pass, interference with the reception of the ball, not releasing the ball);*



**The score is not relevant anymore.**

Criteria:

- Last minute
- Ball not in play
- preventing/delaying throw of the opponent always leads to a disqualification with report

The score might have an influence on further punishments.

Unsportsmanlike  
conduct

8:10



Disqualification  
with  
report

*d) if during the last minute of a game the ball is in play, and the opponents through an action falling under rule 8:5 or 8:6 prevent the team in possession from being able to take a shot on goal or to obtain a clear scoring chance, then this is not just to be punished with a disqualification under 8:5 or 8:6; a written report must also be submitted;*



This amendment 8:10d is to avoid that players accept to be sent off and thus manipulate the final score without any consequences.

Unsportsmanlike  
conduct

8:10  Disqualification  
with  
report

16:8

*As noted in rules 8:6 and 8:10, disqualifications in accordance with these rules are to be reported in writing to the responsible authorities for further action. In such cases, the ‘responsible team official’ shall be informed immediately after the decision.*



“This is a disqualification with report „

Fouls

8:6



Disqualification  
with  
report

Unsportsmanlike  
conduct

8:10



Disqualification  
with  
report



# Passive Play

## Clarification No. 4



Clarification No. 4 now additionally indicates a set of new criteria on whether and when a referee should finally decide on passive play.



*D. After the Forewarning Signal has been shown*

*After showing the forewarning signal, the referees should allow the team in possession of the ball some time to change their action. In this regard, the skill level in different age and performance categories must be taken into account.*

*The team forewarned should thus be allowed the possibility to prepare a targeted attacking action towards the goal.*

*If the team in possession does not make a recognizable attempt to get into position to take a shot on goal, then one of the referees decides that this is passive play (rules 7:11-12). (See also below the 'Decision-making criteria after showing the forewarning signal').*

### ***DECISION-MAKING CRITERIA after showing the forewarning signal***

#### *The attacking team*

- *no clear increase in pace*
- *no targeted action towards the goal*
- *1-on-1 action where no spatial advantage is achieved*
- *delays when playing the ball (e.g., because the passing routes are blocked by the defending team)*

#### *The defending team*

- *the defending team tries to prevent an increase in pace or a targeted attacking action, through correct and active defensive methods*
- *passive play must not be called, if an aggressive defence interferes in the attacking flow through constant fouls*





### *Indications of a reduction of pace*

- *Action sideways and not in depth towards the goal.*
- *Frequent diagonal running in front of the defenders without putting any pressure on them*
- *No action in depth, such as confronting an opponent 1-on-1 or passing the ball to players between the goal-area line and the free-throw line*
- *Repeated passing between two players with no clear increase of pace or actions towards the goal*
- *Passing of the ball with all positions involved (wing players, pivot and back-court players) with no clear increase of pace or recognizable actions towards the goal*



### *Indications of 1-on-1 actions where no spatial advantage is gained*

- *1-on-1 action in a situation where it is obvious that there is no room for a break-through (several opponents block the room for a break-through.)*
- *1-on-1 action without any aim to break through towards the goal*
- *1-on-1 action with the objective of simply being awarded a free-throw (e.g., letting oneself 'get stuck', or ending the 1-on-1 action even though it might have been possible to break through)*



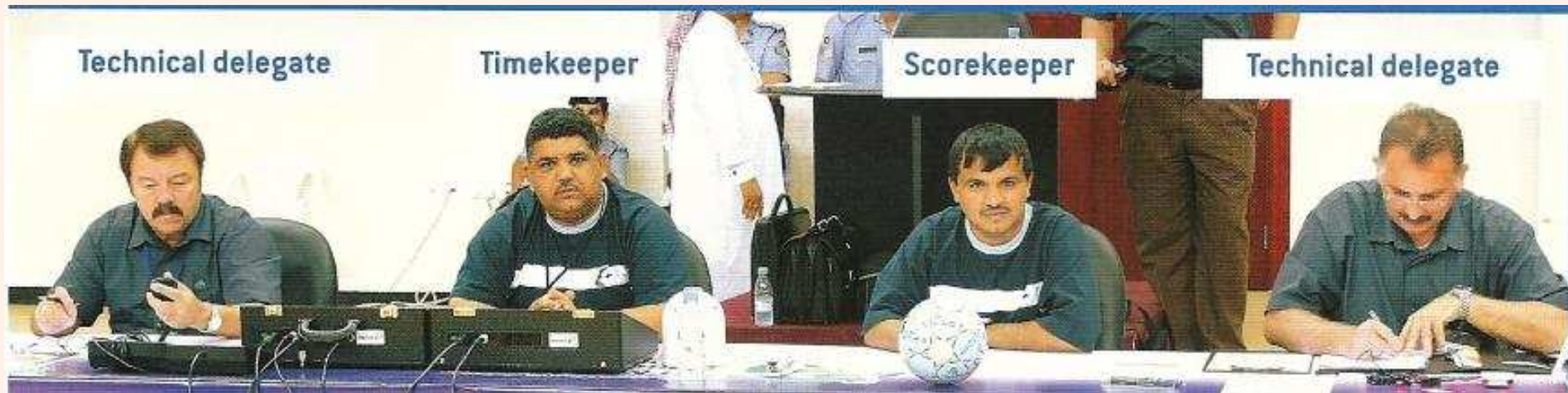
### *Indications of active defensive methods in conformity with the rules:*

- Trying not to commit a foul, so as to avoid an interruption in the game
- Obstructing the running path of the attacker, perhaps by using two defenders
- Moving forward to block the passing routes
- Moving defenders forwards so to force the attackers further back in the court
- Provoking attackers to pass the ball far back into harmless positions





# Intervention/Interruption by the Timekeeper or a Delegate



## Clarification No. 7

Faulty substitution or illegal entry by a player

Intervention by the timekeeper or a delegate

game is already  
interrupted



2-minute suspension

Restart with corresponding throw

added to Rules text,  
was missing

ball in play  
(don't wait for  
advantage)



Only if an additional  
player enters the court  
(4:6), not for faulty  
substitution

2-minute  
suspension



During a clear  
chance of scoring

**Disqualification**  
(with report)



Clear chance of scoring → 7-m  
otherwise

**Free-throw** (better position)

## Interruption for other reasons, e.g. unsportsmanlike conduct

a) by the timekeeper

should wait until the next interruption, inform referees

- If nevertheless he interrupts: the game is restarted with a free-throw for the team that was in possession of the ball at the time of the interruption
- Clear scoring chance of not failing team: → 7-m
- The same applies in case the game was interrupted for a team-time-out at the wrong moment
- No punishments by the timekeeper/no punishment by the referees unless they have recognised it themselves





## Interruption for other reasons, e.g. unsportsmanlike conduct



b) by a Delegate

May interrupt the game  
immediately

- The delegate can inform the referees about the Rules violation/ unsportsmanlike conduct and infringements against the Substitution Area Regulation.
  - Clear scoring chance of the non fallible team → 7-m
  - Free-throw against guilty team
  - Referees are obligated to decide personal punishments in accordance with the instructions of the Delegate
- ! Intervention by a Delegate if ball is “out of play” → Throw according to game situation**



## The Team, Substitutions, Equipment, Player Injuries



## Team Captain

- The decision that the function of the team captain has no longer been obligatory since the 2005 Rules changes was partly regretted.
- However, the function of the team captain has never been prohibited.
- Therefore the new Rules include the function of the team captain again (4:9 paragraph 4 (indirect) and 17:4 (direct))
- The function is still optional.





## Numbers

The previous wording according to which the numbers should range from 1 to 20, is no longer up to date.

### 4:8

*The players must wear **visible** numbers that are at least 20 cm high in **the back of the shirt** and at least 10cm **in the front**. The numbers used **shall** be from 1 to **99**. A player who is switching between the court player and goalkeeper positions must wear the same number in both positions.*

*The color of the numbers must contrast clearly with the colors and design of the shirt.*

# 1 to 99



## Headscarves

By including headscarves (as long as they are made of soft, elastic material) in the catalogue of objects players are entitled to wear, the religious needs of many IHF member federations has been addressed with regards to the Rules.

Likewise it has been clarified that players wearing or carrying dangerous objects are not entitled to play.



## Further changes and amendments worth mentioning



Nobody too small.....



Harpastum, the Roman form of (women) handball



## Goalkeeper

*The goalkeeper is **not allowed** to: .....*

**5:10**

*touch the ball with the foot or the leg below the knee, when it is ~~stationary on the floor in the goal area or~~ moving on the floor in the goal area out towards the playing area (13:1a);*

This rule refers only to balls moving in the direction of the playing field. In consideration with Rule 12:1, balls lying in the goal area are no longer covered by this rule.



## 7-m .... Entering the goal area

**6:2** When a court player enters the goal area, the decisions shall be as follows :

c) 7-meter throw when a court player of the defending team enters the goal area and because of this destroys a clear chance of scoring (14:1a). *For purposes of this rule, the concept “entering the goal area” does not mean just touching the goal-area line, but clearly stepping into the goal area.*

- Less 7-m decisions due to “entering the goal area” alibi !
- It is not enough, if the defender is inside – The attacker has to be willing to create a clear chance of scoring.



touching

clearly stepping into

„grey zone“



Judging the position at the beginning of the 1-on-1 situation – not only end position !

## Ball in the air over goal area

### *6:5, 3<sup>rd</sup> paragraph*

*It is **fully** permitted to touch the ball when it is in the air over the goal area, **as long as it is in conformity with Rules 7:1 and 7:8.***

More precise wording – “fully permitted” is not correct in this context





## Steps

### **7:3 Comment:**

*It is in conformance with the rules, if a player with the ball falls to the floor, slides and then stands up and plays the ball. This is also the case, if a player dives for the ball, controls it and stands up to play it.*

The new comment provides indications for particular situations in the ball handling.

- If the player hasn't bounce the ball before falling, he can start like he would catch the ball (bouncing, 3 steps.....)
- If he has bounced the ball before, he has to play immediately after standing up



## Delegate

### **9:1, 3<sup>rd</sup> paragraph:**

*A goal cannot be awarded if a referee, timekeeper **or delegate** has interrupted the game before the ball has completely crossed the goal line.*

The Rules text now also includes the delegate.

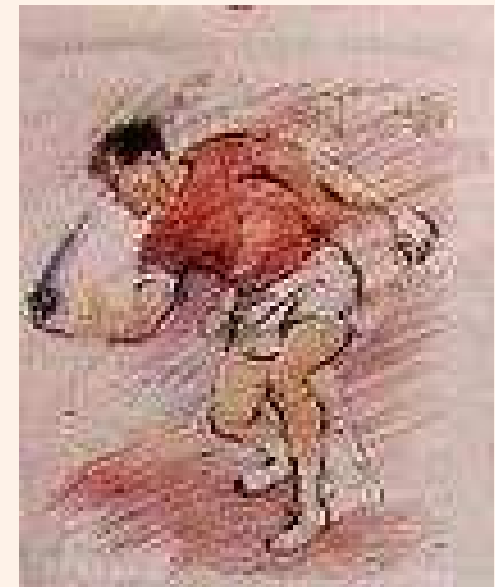


## Put down the ball

### 13:5

*If there is a free-throw decision against the team that is in possession of the ball when the referee whistles, then the player who has the ball at that moment must immediately drop it or put it down on the floor, **so that it can be played** ~~at the spot where he is~~ (8:8b).*

Unchanged







## Interfering with execution of throw

**15:9**

This point is only mentioned in the German version, because one sentence was missing in the German edition of the 2005 Rule book 2005)



## Delegation of referee tasks to table officials

### 17:8

*Both referees are responsible for keeping the score. They also take notes about warnings, suspensions and disqualifications.*

The same applies to 17:5, appointment of referees and drop-out of one referee

### 17:9

*Both referees are responsible for controlling the playing time. If there is any doubt about the accuracy of the timekeeping, the referees reach a joint decision (see also 2:3).*

*Note: The IHF, continental and national federations have the right to apply deviating regulations in their areas of responsibility, regarding the application of Rules 17:8 and 17:9.*

The federations may for example delegate the main responsibility for such tasks to the delegate or to timekeeper/scorekeeper → to relieve the referees

## Communication Systems

### 17:14

*The referees and the delegates may use electronic equipment for their internal communication. The rules for their utilization are determined by the respective federation.*

This new rule offers the possibility to use communication systems. The federations enact regulations concerning their application within their championships.





## Team Time-out

This paragraph was added in Clarification No. 3. Besides other infractions, unsportsmanlike conduct is included as well.

*For the purpose of punishments under rule 16, a team time-out is defined as being part of the playing time (16:10), so any unsportsmanlike conduct and other infractions are punished in the normal way. It is irrelevant in this context, if the player/official concerned is on or off the court. Accordingly, a warning, suspension or disqualification under Rules 16:1-3 and 16:6-9 can be given for unsportsmanlike conduct (8:7-10) or for action falling under Rule 8:6b.*

Paragraph 4 (remark regarding the timekeeper's conduct in exceptional situations) was simply deleted.



## Clear scoring chance

Former point c) “does not yet have the ball, but is ready for an immediate reception of the ball” has been integrated in a) and b). Especially worth mentioning is the additional text under b):

*This also applies if the player does not yet have the ball, but is ready for an immediate reception of the ball, and the opposing goalkeeper through a collision as under 8:5 Comment prevents the reception of the ball; in this special case, the positions of the defending players are irrelevant;*



This additional part addresses the case concerning unsportsmanlike conduct of the goalkeeper during a counter-attack already mentioned under Rules 8 and 16 (charts no. 24+25).

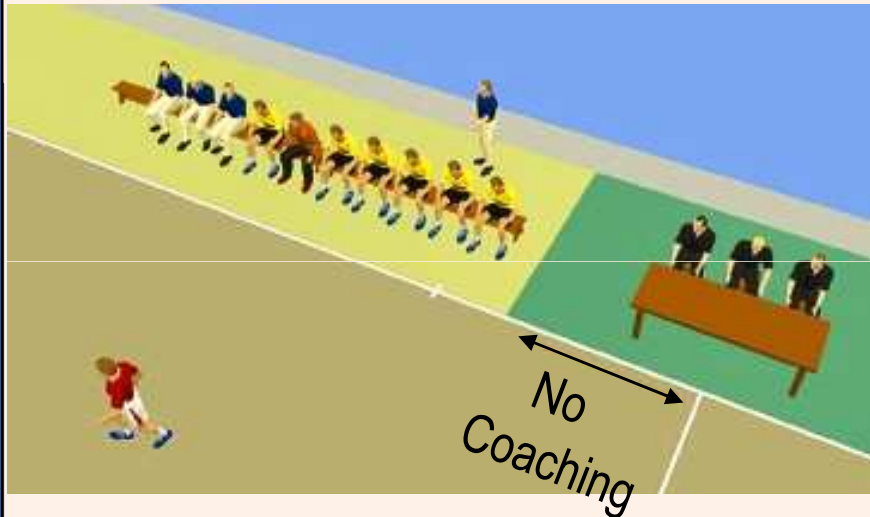
# Substitution Area Regulations

## Coaching Zone / Colour of Team Officials' Clothing

## Team Time-Out and Making Contact

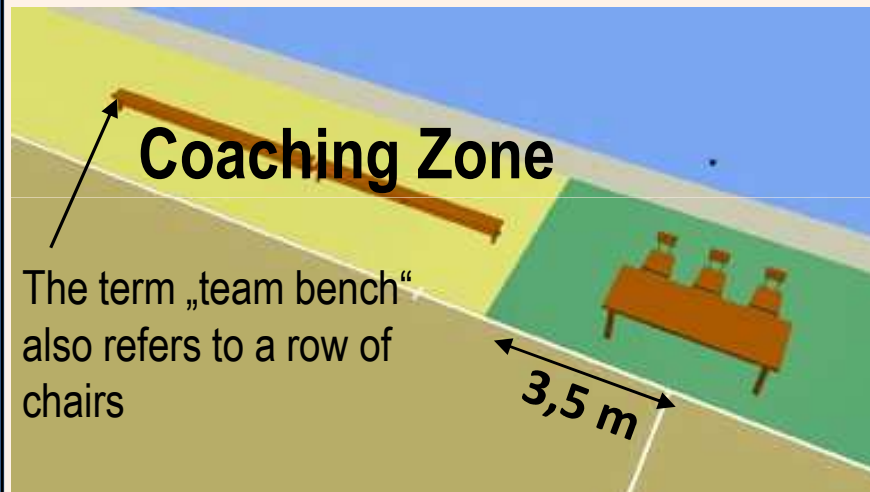


## Substitution Area Regulations



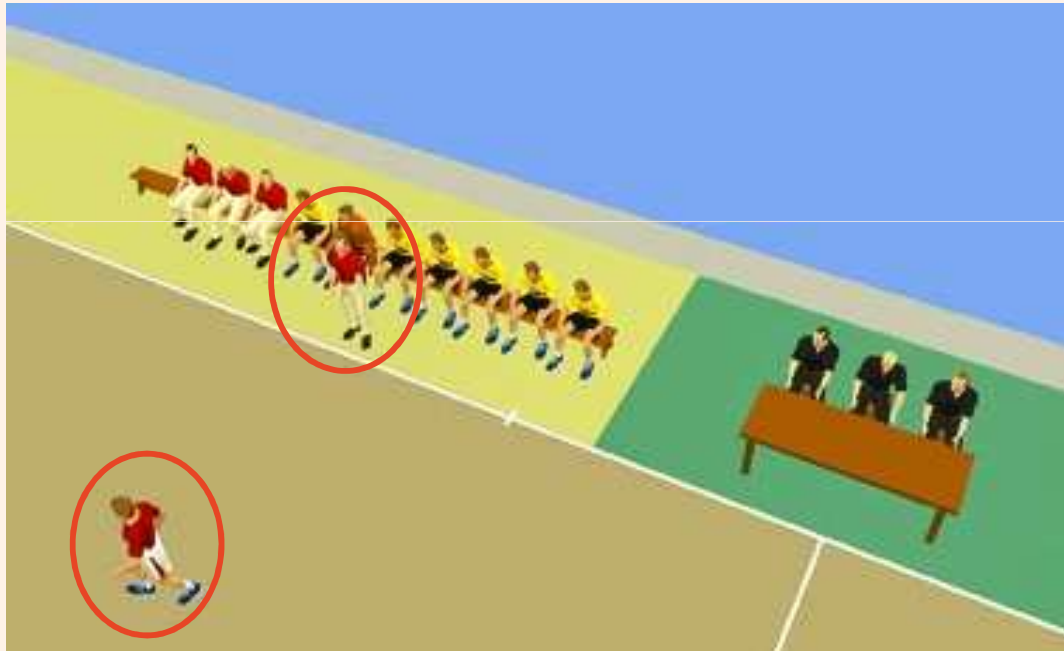
### 1. Coaching zone

- The “coaching zone” shall start at a distance of **3.5 meters** from the centre line up to the end of the respective team benches.
- The coach is allowed to do coaching in front of the team bench and behind it – in doing so, he is allowed for sure, to pass on the side of the bench.



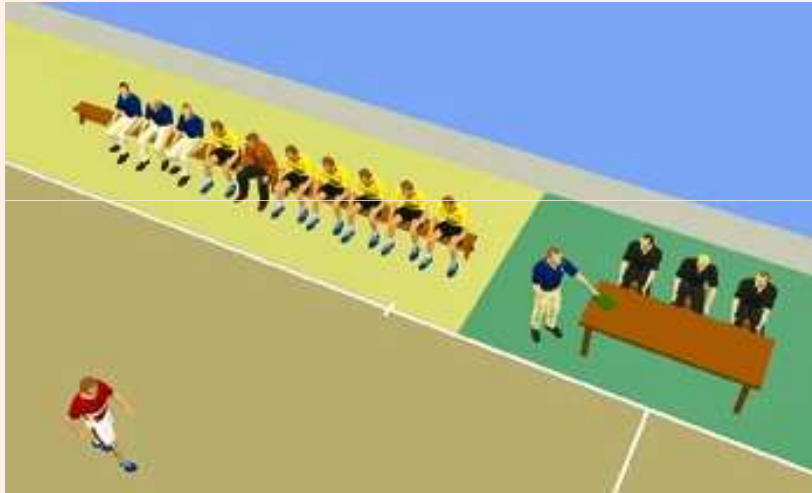


## 2. Colour of Team Officials' Clothing



- Same colour (here red) clothing worn by team officials may cause confusion. Players of the opposing team might get confused to produce bad passes.
- Officials are not allowed to wear the same colour as the opponent team (in this case red).

### 3. Team Time-Out, Making Contact



- Officials are allowed to leave the coaching zone to request a team time-out.
- However, they are not allowed to stand waiting at the table for a suitable moment to request the team time-out.
- The “responsible team official” may also leave the coaching zone in special situations, for instance, for necessary contact with the timekeeper or scorekeeper.

## 4. In General

- Infringements of Substitution Area Regulations shall be punished in accordance with Rules 16:1b, 16:3d or 16:6b (warning, suspension, disqualification). (see, however, Clarification 7B a)

*Referees and delegates are requested to verbally advice the officials accordingly in order to introduce the coaching zone*

