

American Speed Handball International

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The American Speed Handball Simple Rules

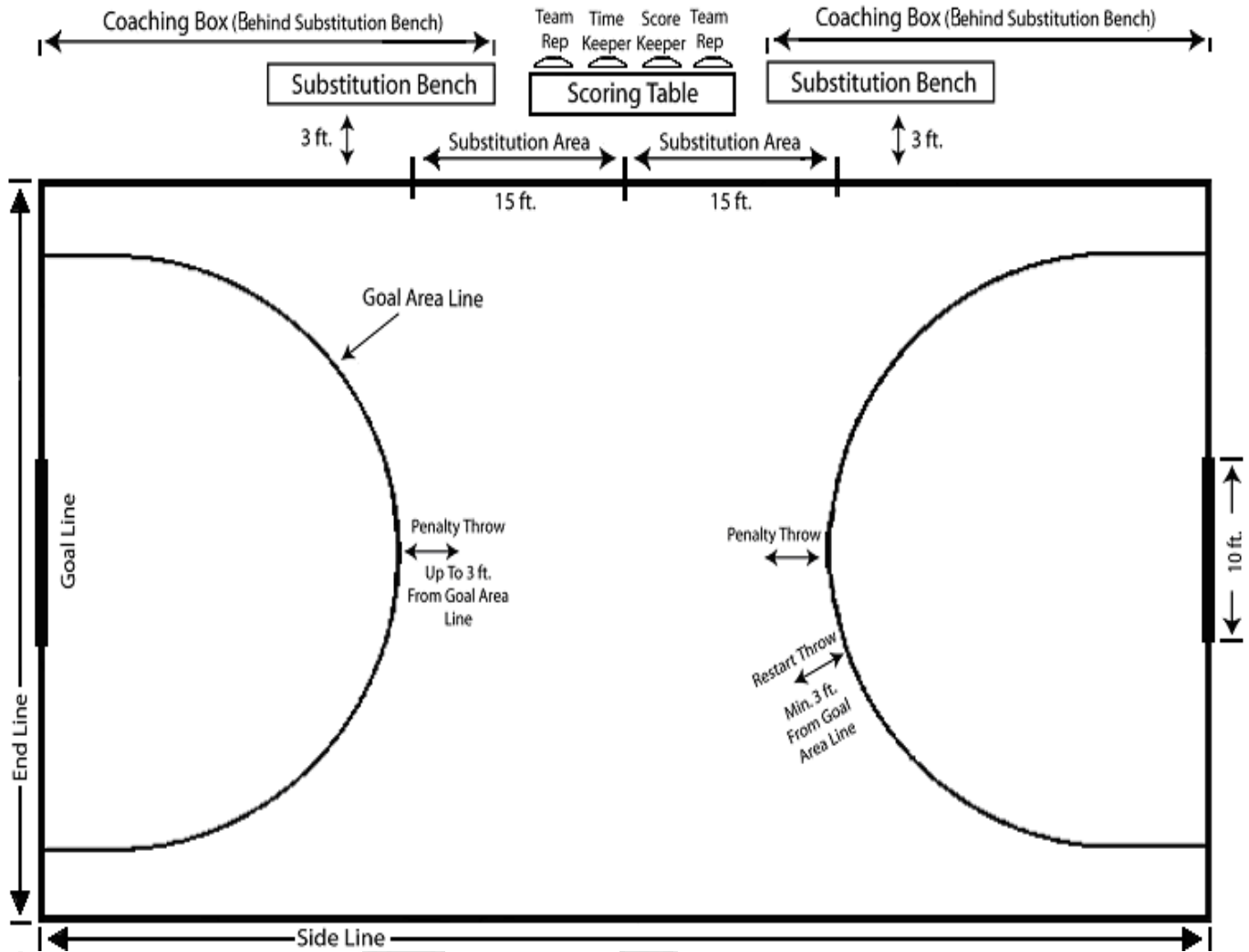
INTRODUCTION

American Speed Handball is a fast-paced team sport played indoors or outdoors on a basketball court and is the perfect sport for all ages, from children to seniors.

Standard play involves five players of the same age and sex on each team. However, *Piankova Play*, named after the inventor of American Speed Handball, rotates five players every five minutes, pitting fathers against fathers, mothers against mothers, boys against boys or girls against girls, ensuring safety and participation in a team environment; allowing parents and children to play on the same team.

Piankova Play can be applied, not only to American Speed Handball, but to any team sport and is a great opportunity for family and friends of all ages to enjoy playing together.

American Speed Handball Playing Court



The Playing Court is a basketball court. Both ends have a goal in the center of the end-line. The 3-point line is called a GOAL AREA LINE and is the most important line. The two marked areas within the goal-area lines and the end-lines are called the goal areas. No one, except the goalkeeper is allowed to stand in the goal area. Players may jump into the goal area, but the ball must be released before landing within the goal area.

The Goal:

For adults is 6 feet tall and 10 feet wide, and up to 5 feet deep behind the goal line. For children it can be 60 inches tall and 80 inches wide or smaller, attached to the walls for safety.

The Ball:

For ages 6 to 10 is 50 to 52 centimeters and 290 to 330 grams (Size 1).

For Women its 54 to 56 centimeters and 325 to 375 grams (Size 2).

For Men its 58 to 60 centimeters and 425 to 475 grams (Size 3).

Each game requires two to four balls. One is the playing ball - the rest are placed on the table with the timekeeper. The referee decides which ball is to be used.

Duration of the Game:

Playing time for children (ages 5 - 10) is 4 quarters of 5 minutes with a 2 minute break and a 1 minute team time-out per quarter.

Playing time for teams (ages 10 - 14) is 4 quarters of 10 minutes with a 2 minute break and a 1 minute team time-out per quarter.

Playing time for teams (ages 14 - 16) is 2 halves of 20 minutes with a 5 minute break and two 60-second team time-outs.

Playing time for teams with players 16 and above, is 2 halves of 20 minutes. The half-time break is 2 minutes, and the team time-outs consist of two 30-second time-outs or one 60-second time-out per half.

During the half time break, teams switch sides of the court, taking their personal belongings with them.

Playing time for Piankova Play games is 2 halves of 20 minutes each with a 2 minute half-time break. Every 5 minutes, a 10-second time-out is given for a shift; two 30-second or one 60-second team time-out is allowed per half.

If a game is tied at the end of regulation, but a winner has to be determined, a shoot-out is played following a 2-minute break.

If a game is tied at the end of the first shoot-out, a second shoot-out is played after a 2-minute break. The second shoot-out is over and the winner is decided as soon as there is a goal difference after both teams have had the same numbers of throws.

Shoot-Out:

Each team nominates 5 different players and a goalkeeper, who are not suspended, disqualified or excluded during the playing time, to participate in the shoot-out.

All 5 players may participate in the shoot-out as both throwers and goalkeepers.

A coin toss is undertaken by one of the referees in the presence of the other referee and the team captains.

When the shoot-out starts and a whistle signal is given by the referee:

- Both goalkeepers must stand with one hand or foot touching the goalpost.
- The player holds the ball in his hands and has one foot on the corner of the court, where the end-line connects with the side-lines.
- The player passes the ball to his goalkeeper.
- The goalkeepers can now move from their positions.
- The goalkeeper with the ball has 3 seconds to pass to the player who is running toward the opponents' goal, or may attempt a shot at the opponents' goal, remaining inside the goal-area and not stepping on the goal-area line.
- The ball cannot touch the floor; if it does, the attempt is over.

- After catching the ball, the player has three seconds and can take three steps before shooting.
- The defending goalkeeper may stay or leave the goal area to catch the ball, but can not break a rule or endanger the running player, or penalty shot will be awarded to the opponents.
- The running player can not break a rule or his attempt is over.

A violation of the rules during the shoot-out has the same consequences as an infraction during playing time, and suspension shall be given for unsportsmanlike conduct.

Each Team:

Has five players: four court players and one goalkeeper, and up to five substitutes. Substitutes may enter the game at any time through their own substitution area line/area, as long as the player they are replacing has left the court. Failed substitution, resulting in an additional player on the field, will cause a 1-minute suspension of the player entering the court. The substitutes must be seated on the bench when they are not on the field.

“**The Little Pros**” is our introductory program for children age 5 and under - their teams have one goalkeeper and 2 players;

The “**Building Athletes for Life**” program includes:

1) ***The Preliminary Preparation:***

Ages 5 and 6 - consist of 3 players: one goalkeeper and 2 court players;

Ages 7 and 8 - consist of 4 players: one goalkeeper and 3 court players;

Ages 9 and 10 - consist of 4 players: one goalkeeper and 3 court players;

Ages 11 and 12 - consist of 5 players: one goalkeeper and 4 court players.

2) ***The Preparation and Improvement:***

Ages 13 and 14 - consist of 5 players: one goalkeeper and 4 court players;

Ages 15 and 16 - consist of 5 players: one goalkeeper and 4 court players.

The “**Building Champions for Life**” is the Sport Perfection program and includes players of 17 and older.

The teams for “**Piankova Play**” consist of up to 20 players. Each team must have at least two squads of 5 players including the goalkeeper. The players of each squad have to be the same age and sex.

The Piankova Play shift takes place every 5 minutes with a 10 second time-out, called “a grace period.” If a team takes longer than 10 seconds to exit and enter the court, the game is restarted with a penalty-throw for the opponent. Each squad must exit and enter the court through their team substitution area. For all players and goalkeepers, the substitution rules are the same as the rules for standard American Speed Handball.

Uniforms of the Players:

Player’s numbers are from 1 to 99. Team uniform shirts and shorts are the same color for all players. The goalkeeper can wear the same uniform or a different color shirt from their teammates and opponents.

No long nails or jewelry are allowed, because they are considered dangerous for the other participants.

Referees:

The two referees have complete authority. Their decisions are final. The referees are assisted by a timekeeper and a scorekeeper.

The referees can, at any time, “time-out” the game and stop the clock - blowing the whistle 3 times and mark a “T” with both hands.

Both referees’ uniforms must be the same color, but not matching either teams’ uniform color.

Goalkeeper:

The goalie can move anywhere inside the goal area, but cannot leave the goal area with the ball. The goalie can step out of the goal area without the ball to become a field player, but cannot re-enter the goal area with the ball. Field players should not pass the ball to their own goalie while the goalie is in the goal area – a restart-throw will be given to the opponents 3 ft away from the goal area line.

During the game any field player can become a goalkeeper, but if more than one player enters the goal area to defend the goal – a penalty shot will be awarded to the opponent.

Playing the Ball:

Have the players spread out on the court close to their own goal area line with goalies in position. Start the game with a whistle signal for a "throw-off". The throw-off is a goalkeeper-throw and takes place after each goal scored. The object of the game is to move the ball down the field towards the opponents’ goal. Players can do this by running, using a series of passes and catches until the ball can be thrown into the goal to score a point. Dribbling the ball is allowed but not recommended.

Each player is allowed:

- To run with the ball for 3 steps.
- To hold the ball for 3 seconds.
- Unlimited dribble with 3 steps allowed before and after dribbling, but double-dribbling is not allowed.

A player is NOT allowed:

- To endanger an opponent with the ball.
- To pull, hit or punch the ball out of the hands of an opponent.
- To kick or contact the ball below the knee.
- To dive on the floor for a stationary or rolling ball, if they are at any danger to any other participants.

Passive Play:

It is illegal to possess the ball without making a recognizable attempt to attack and try to score. A team should not stall - a restart-throw will be awarded to the other team. The referees warn the players by raising one hand over the shoulder. If the attacking team doesn’t change to a more attacking style, the referees will change the direction of play.

Substitutions:

May occur at any time during the game. Designated substitution area for each team starts from the middle of the side-line and ends 15 feet towards the end-lines.

The player must run off the court before the substitute can enter. Failure to do so will result in a 1 minute suspension for the substitute.

Substitution of a defensive goalkeeper is forbidden once the player has taken their position to execute a penalty throw.

When Defending the Opponent:

Each player is allowed to use the torso of their body to obstruct an opponent with or without the ball. However, using the outstretched arms or legs to tackle, hinder, push, trip or hit is NOT allowed.

The attacking player is NOT allowed to charge into a defensive player.

Scoring:

A goal is scored when the entire ball crosses the goal line into the goal and no fouls have been made from the attacking team. A goal may be scored directly from any: throw-in, restart-throw, throw-off, penalty-throw and goalkeeper-throw, EXCEPT a direct "own goal" by the goalkeepers.

The Referee Gives A Whistle Signal:

- For the penalty-throw;
- For a restart after a time-out;
- For a restart-throw after a delay in the execution;
- After a correction of the player position;
- After a verbal caution, a warning, a suspension, a disqualification or an exclusion;
- For each shoot-out throw.

The referee may judge it appropriate, for the sake of clarity, and blow the whistle for a restart-throw, or can delay until the requirements for the players' positions are met.

If the referee blows the whistle for a throw to be taken, despite incorrect positions of the players, the players are fully entitled to play.

After the whistle signal the thrower MUST play the ball within 3 seconds or the ball is given to the other team.

A Throw:

Is considered taken when the ball has left the hand of the thrower, and the thrower is at the right position on the court. The thrower must not touch the ball again until it has touched another player, goalie, referee or the goals.

A throw can be taken with or without a whistle signal.

Throw- Off:

Is taken by the team that chooses to start the game with the ball. Each team must be on their half of the court. Following a whistle, the ball is passed by the goalkeeper from the goal area to a teammate and play begins. A throw-off is repeated to start every new time period. The Throw-off after each goal scored is called a Goalkeeper-throw.

Goalkeeper- Throw:

Is awarded when the ball rebounds off the goalkeeper over the end-line, or when the ball is thrown over the end line by the attacking team. The goalkeeper takes the throw inside the goal area and is not restricted by the 3-step or 3-second rule.

Penalty-Throw:

Is awarded when:

- A defensive foul destroys a clean goal scoring opportunity.
- A defensive player enters their goal area to gain an advantage over an attacking player in possession of the ball.

When a penalty-throw is being executed, all players and the goalkeeper must position themselves at least 6 ft away from the thrower. If they do not do so, the initial throw is forfeited and the opponents are awarded a free-throw.

The players of the opposing team must remain still until the ball has left the thrower's hand. If they do not do so, the penalty-throw will be retaken if it does not result in a goal, but there is no personal punishment.

The player taking the throw must take a position not more than 3 feet behind the goal area line. After the whistle signal from the referee, the thrower has 3 seconds to shoot. The players' foot must NOT touch or cross the line before the ball has left his hand. The ball must NOT be played again by the thrower or a teammate following the execution of the throw, until the ball has touched an opponent or the goal. Any player may take the penalty-throw.

Throw-In:

Is awarded when the ball goes out of bounds on the sideline, or when the ball was last touched by a defensive player (excluding the goalkeeper) and goes out of bounds over the end-line, or when the ball has hit the ceiling. The throw-in is taken from the spot where the ball crossed the sideline, or if it crosses the end line - from the nearest corner. The thrower must place one foot on the sideline to execute the throw. All opposing players must stay 6 ft away from the thrower.

Restart-Throw:

Is awarded to the opposing team at the exact spot of the minor foul or violation.

The referees interrupt the game and have it restarted with a restart-throw for the opponents when:

- a) The team in possession of the ball commits a violation of the rules;
- b) The opponents commit a violation that causes the team in possession to lose the ball.

The restart-throw is taken without a whistle signal, from the spot where the infraction occurred; unless the infraction occurs near the goal area line, the restart-throw has to be taken 3 feet away from the goal area line; the opponents must be 3 feet from the thrower.

When the referee whistles for a restart-throw against the team in possession of the ball, the player who has the ball must stop immediately and place the ball on the floor, if not - a 1 minute suspension will be given to the player.

If a referee interrupts the game for a verbal caution or a personal punishment, the restart-throw should be taken after a whistle signal, from the spot where the ball was when the game was interrupted.

The player who is executing the restart-throw must keep one foot in contact with the floor when passing or shooting directly to the opponents' goal.

Progressive Punishment:

Pertains to fouls that require more punishment than just a restart-throw.

"Actions" directed mainly at the opponent, instead the ball, such as reaching around, holding, pulling, pushing, hitting, tripping and jumping into an opponent, are to be punished progressively.

Warnings, Yellow Card, 1-Minute Suspension:

The referee should only give one warning per player for rule violations and a total of three to a team. Exceeding these limits results in 1-minute suspensions thereafter. Warnings are not required prior to giving out a 1-minute suspension.

1-minute suspensions are given for:

- Serious or repeated rules violations;
- Unsportsmanlike conduct;
- Illegal substitution.

The team of the suspended player plays short for 1-minute.

The 1-minute period begins when the referee gives the signal to restart the game.

Each player can have two 1-minute suspensions and continue to play, but the third 1-minute suspension results in a disqualification (game misconduct).

A player can receive two 1-minute suspensions in the same situation.

Disqualification - Red Card:

A disqualification is the equivalent of three 1-minute suspensions. A disqualified player must leave the court and bench, but the team can replace the player after the suspension expires.

Exclusion:

Exclusion is given only for kicking, punching or spitting at any other participant: opponent, teammate, official, referee, spectator or the timekeeper and scorekeeper.

The exclusion is only given if the player hits the other person. If he did not hit, it will ONLY be considered as a disqualification.

The excluded player's team continues short one player for the rest of the game.