

# General Player Rules

## Players are allowed to:

- 1. Catch, throw, stop, and dribble the ball in any manner.**
2. They can use their torso to block an opponent whether they have the ball or not.
3. They are allowed to move the ball from one hand to the other.
4. They are allowed to pass the ball when they are standing, kneeling, sitting or lying on the ground.
5. Players are allowed to stop the ball with both hands and then grab or catch it as long as they don't move.
- 6. Players are allowed to run 3 steps with the ball in hands (after catching and/or dribbling the ball).**
- 7. Attacking players are allowed to shoot while in the air above the goal area, but they must throw the ball before they land.**

## Goalkeeper / Goalie

1. The goalkeeper is allowed to make contact with the ball below the knees.
2. The goalkeeper is the only player allowed in the circle.
- 3. In the goal area the goalkeeper can take as many steps as he likes while holding on to the ball.**
4. The goalkeeper can leave the goal area and play as a field player.
- 5. If the ball touches the goalie and then goes out of the court through the end line, then the goalie restarts the game.**

## **Players are not allowed to:**

1. Players can't hold the ball for more than 3-seconds.
- 2. Touch the ball with part of the leg below the knee including their feet.**
- 3. Players are not allowed to restart dribbling.**
4. Field players are not allowed to dive for a ball that is on the ground.
5. Players are not allowed to impede the progress of an opposing player by using their hands, arms or legs. **They are not allowed to trip, run into, hold, hit or jump on an opposing player.**
6. They are not allowed to cause danger to any other player with the ball.
7. Players on offense, attacking players, are not allowed to charge into a defender.
- 8. Field players are not allowed to go through the goal area to get into a better scoring or defensive position.**
9. . Players can attempt to use their hands to gain possession of the ball but they can't pull or hit the ball out of an opposing player's hands.