



National Handball League 2025

Rules and Regulations

1. Official Title of the Championship

The official title of the championship is 'National Handball League 2025'.

2. Organiser

The championship shall be organized by the Handball Federation of Singapore (HFS).

3. Date & Venue

The tournament will be tentatively held from **22 March 2025 to 12 July 2025** at **ActiveSG Sport Village @ Jurong Town**. The dates and times are as follows:

Date	Day	Start Time (hrs)	End Time (hrs)
22/3/2025	Saturday	1000	1900
23/3/2025	Sunday	1000	1900
29/3/2025	Saturday	1000	1900
30/3/2025	Sunday	1000	1900
5/4/2025	Saturday	1000	1900
6/4/2025	Sunday	1000	1900
12/4/2025	Saturday	1000	1900
13/4/2025	Sunday	1000	1900
19/4/2025	Saturday	1000	1900
20/4/2025	Sunday	1000	1900
26/4/2025	Saturday	1000	1900
27/4/2025	Sunday	1000	1900
3/5/2025	Saturday	1000	1900

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4/5/2025	Sunday	1000	1900
10/5/2025	Saturday	1000	1900
11/5/2025	Sunday	1000	1900
17/5/2025	Saturday	1000	1900
18/5/2025	Sunday	1000	1900
24/5/2025	Saturday	1000	1900
25/5/2025	Sunday	1000	1900
31/5/2025	Saturday	1000	1900
1/6/2025	Sunday	1000	1900
7/6/2025	Saturday	1000	1900
8/6/2025	Sunday	1000	1900
14/6/2025	Saturday	1000	1900
15/6/2025	Sunday	1000	1900
21/6/2025	Saturday	1000	1900
22/6/2025	Sunday	1000	1900
28/6/2025	Saturday	1000	1900
29/6/2025	Sunday	1000	1900
5/7/2025	Saturday	1000	1900
6/7/2025	Sunday	1000	1900
12/7/2025	Saturday	1000	1900



4. Objectives

- To improve the quality of the game in Singapore and provide a competition platform that promotes a level playing field and competitiveness to facilitate the development of handball.
- To foster friendship and goodwill among the fraternity's officials, members, teams, and players.

5. Administrative Matters and Closing Dates

Registration & Indemnity Forms

- Registration will be open from **20 January 2025 to 28 February 2025**.
- The team Provisional registration form of 24 names [Annex A] shall be submitted to the official HFS email (competitions@hfs.org.sg) by the closing date, **(28 February 2025), 2359hrs**.
- Team registration is on a first-come, first-served basis.
- Teams will need to have **2 endorsed referees**.
- The official team registration form must be filled out accurately and completely.
- Indemnity forms [Annex B] from all players are required for submission **by the** Technical Meeting, players who fail to submit will not be allowed to participate in the tournament.
- Technical Meeting's date, timing to be confirm again.
- The team FINAL registration form [Annex B] of 20 pax shall be submitted to the official HFS email (competitions@hfs.org.sg) by the closing date **(TBC, Technical meeting)**. All the 20 names in definitive list must be a subset of the names registered in the provisional list.
- Teams who like to register more than 20 pax will be charge with additional \$50/pax (up to total of 24 pax per team)
- Incomplete registration forms will not be accepted.
- No amendments are allowed after the closing date.

Registration Fees

- Registration fees required per team are as follows:
 - Standard Fee: S\$1,100 per team (Men's Category)
 - Standard Fee: S\$700 per team (Women's Category)
- Discounts.
 - Early Bird Discount: Teams that submit their registration and payment before **7th February, 11:59 PM** will receive an additional **S\$100 discount**.
 - Tertiary additional **S\$150 discount** for participation in both Tertiary Invitational Handball Championships and National Handball League 2025



Registration Requirements

- To participate, teams must meet the following:
 - Two endorsed referees per team.
 - A registered coach (NROC) as the team official. Each coach can only be registered with one team per division.
- Non-Compliance Fees
Teams unable to meet the above requirements may still participate but will incur the following fees:
 - **S\$600:** If **ONE** requirement is unmet.
 - **S\$1,200:** If **BOTH** requirements are unmet.

*Each pair of endorsed referees and registered coach can only represent 1 team per division, per gender. For e.g, Coach A can represent Team SIMRA (Men Div 1), Team SMU (Men Div 2), and Team NUS (Women), however Coach A **cannot** represent Team SIMRA (Men Div 1) and A-Team (Men Div 1) concurrently.*

6. Participation & Eligibility of Players

- A maximum of **20 players + (4 players with additional charges)** can be registered for this tournament for each category
- Players are required to bring along photo identification (i.e. NRIC/Matriculation card/ EZ Link card/FIN) for registration and identification purposes at the first game. Players who fail to bring a form of identification will not be allowed to play.

Registration of players

- Each team may register up to a **maximum of 24 (20 + 4 player with additional charges)** players but **only 18** will be allowed to play for every game.
- The official team registration form must be filled out accurately and completely.
- Each player is allowed to represent only one team. Any player found to have registered in more than one team will be disqualified from the tournament.
- In the case of any team fielding an unregistered or suspended player during a match, the organizing committee shall award the opposing team a win by a walkover.
- Registered players who are not in a good standing with HFS will be barred from the competition.
- Since the tournament spans four months, teams are allowed to add players if there are available slots. *E.g.: A team with 14 registered players may add up to 6 more, while a team with 20 registered players may only add players at a fee of \$50 per player.* However, once registered, players cannot be switched. Each team is allowed a **maximum of two requests** for additional players.
- **No changing of jersey number is allowed**

The Organizing Committee reserves the right to cancel the registration of any player violating these rules and regulations and to prohibit that player from playing for the team in which he/she represent.



7. Team Officials (Team Managers, Coaches, Assistant Coaches and endorsed referees)

- Team manager, coaches or assistant coaches accompanying the team **must be registered in the registration form.**
- The official team registration form must be filled out accurately and completely. Replacement of any of the registered Team Officials is **not** allowed **after** the first match has been played.
- Each team can register up to **maximum of 4 team officials.** Team officials will be required to wear the Team Official Tag **at all times** during the match.
- The team official is allowed to accompany the team if he/she is representing the same team as a player, but similarly must be registered in the registration form.
- A team **without** the accompaniment of any team official at the commencement of a match **will be allowed to play** at their own risk.
- All team officials must be properly attired (strictly no slippers and sandals).
- All endorsed referees are expected to complete paid duties (Numbers of games will be announce nearer to date). Failure to do so will results in penalty to the teams.

8. Tournament Regulations

- Besides the existing regulations, this championship will also abide by the rules and regulations of IHF 2024 (July Edition).
- Should any controversial incidents occur which are not stated in the regulations, the Tournament Sub-Committee will be responsible for settling the dispute.
- Any decision made by the Tournament Sub-Committee is final.

9. NHL 2025 Division Allocation

(Men's Category)

- Division 1: Top 6 teams from NHL 2024
- Division 2: Open to up to 10 teams, with priority given to last year's participants. Additional slots will be on a first-come, first-served (FCFS) basis

(Women's Category)

- Only 1 Division, capped at 10 teams



10. Tournament Format

- TBC after again after registration close.

The System of Points

- For the tournament, the winning team will get 3 match points; the losing team gets 0 match points and for the team that is technically expelled / withdrawn get 0 match points. In any case of a draw, each team is awarded 1 match point during the round robin level.
- At the end of the round of the tournament, if there are two or more teams which share the same match points, their classification or ranking will be decided as follows:
 - The number of goals scored will be divided by the number of goals lost in the matches amongst the teams with the same match points, the resulting quotient is decisive, the team with the higher quotient
 - In case of a further tie between the two teams involved, the results of the match they played against each other will be taken into consideration. The team that triumphs over the other will proceed to the next round.

Additional Tournament (Men's Category ONLY)

- TBC after again after registration close.

11. Uniforms

- Playing attire must be **uniform** and of the **same colour** for each team.
- Players' jerseys **must** be numbered and it must be placed at the front and back of the jersey.
- Players' numbered shorts are required for NHL 2025 and has to be of the same number of the Players' jersey
- The colours of the numbers must be of a **contrasting colour** to the jersey and a minimum of 10cm height on the chest and 15cm on the back. It must be **clearly distinguishable**.
- The **team name/logo** must be visibly printed on the jersey.
- The Goalkeeper's jersey must be of a **contrasting colour** that is different from the team and can be **easily identified** by the officiating personnel. Both goalkeepers have to be of the same jersey design and colour for every game.
- The acceptance range of jersey number that can be registered is **1 to 99**.
- No taping of player jersey number is allowed.
- Player are strictly not allowed to wear spectacles/plastic hair band (all head gear made of non-cloth/rubber materials are strictly prohibited) on court.
- Any protective guard with hard plastic are not allowed as well.
- Team officials are **not allowed** to wear the same colour as the outfielders of the opponent.
- The HOME team will have priority in the choosing of the jersey colours in the event of a colour clash.
- **For more information, please refer to the Regulations on Protective Equipment Approved by IHF and HFS.**



12. Playing Time

- The match will be played for 30 minutes per half as per IHF ruling with 3 time-out card.
- **Knock out round:** In the event of a tie, an extra time of 5-1-5 will be played and should it result in a tie again, a final penalty shoot-out in accordance with the Handball Rules and Regulations of the IHF will be conducted.
- Time-out card spoilt by the team during the match will have to bear the cost of the new replacement of the time-out cards (S\$50).

13. Walkover

- Each team should be present at the court at least 15 minutes before the match begins.
- If the team concerned does not report **10 minutes** after the match is scheduled to be played or absence due to invalid reason/reason not stated beforehand, the team is considered to have withdrawn and thus declared as 'lost completely'.
- The team, which is declared 'lost completely', is considered to have withdrawn from the championship and therefore is not allowed to participate in the match that follows. All of the team's point from the previous matches will be annulled. In the event of a walkover, the final score will be 20-0.
- The team that has been withdrawn due to the above reason shall be subjected to a fine of **S\$100**, based on the decision of the Disciplinary Committee.

14. Referee Discipline

- All referees (i.e. Court Referees, Table Referees, Technical Delegate) are to report at least **10 minutes** before the start of the match.
- Referees that do not report on time are liable to disciplinary actions by the referee committee.
- For referees (referees that are immediately officiating after their respective matches will not be considered) are to report directly before the start of match:
 - Warning will be issued to first time offenders.
 - A fine of **S\$5.00** will be issued to repeated offenders and the excess amount from the teams will not be awarded to the referees.
 - Repeated offenders will also face further disciplinary sanctions from the referee committee.
- For referees that only report after the start of match:
 - A fine of **S\$15.00** will be issued to offenders and the excess amount from the teams will not be awarded to the referees.
 - Repeated offenders will also face further disciplinary sanctions from the referee committee.



15. Suspension

- Any player that has been expelled (disqualification with report) from the court during the match shall be automatically **suspended from playing in at least the next match**. The Referee committee will inform the team manager of the final written decision via email within 48 hours after the match.

16. Protest

- **No protest is allowed.**

17. Awards

- Medals will be awarded to the top three men's teams in the tournament.
- All prize winners must be present at the closing ceremony to receive the awards. Any teams that failed to do so must produce reasons for not doing so; otherwise, disciplinary action will be taken against the team and its players.

18. Official Ball and equipment

- **Size 2 for women and 3 for men.**
- **Molten ball will be the Official Ball of the tournament.**
- **Handball resin is strictly prohibited for this competition and offenders will be dealt with severely by the organizing committee.**

19. Notes

- All the players are to fill up the indemnity form as attached, and all indemnity forms must be submitted to the Tournament Sub-Committee by their first match. Player who did not submit the indemnity form by the first match will not be allowed to participate in this Tournament.
- The Tournament Sub-Committee holds the right to decide on any issues raised that are not stated in the General Regulations.
- The Tournament Sub-Committee has the right to alter the scheduled time and dates of the tournament if necessary. Participating teams will be informed of the changed as soon as possible.
- All decisions made by the Tournament Sub-Committee are final.
- Please refer to the "Circular for the addition of teams into NHL" for more details