

SPORT. ÉDUCATION. FIERTÉ.

RSEQ®

LAVAL

SPECIFIC RULES 2026-2027

MULTISPORTS MINI-LEAGUE MINI-HANDBALL



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ACTIVITY PROCEDURE

ARTICLE 1 Officiel rules

1.1 Game rules

- 1.1.1 For all rules not specified in this document, you must refer to the game rules approved by Handball Québec.
- 1.1.2 However, RSEQ Laval's specific rules have priority on the rules of the federation.
- 1.1.3 The administrative rules of Sports Laval must be respected by all the participating schools.

ARTICLE 2 Identification of categories

2.1 Category

2.1.1

Category	Grade
Mosquito	5 th and 6 th grade

- 2.1.2 Upgrades are permitted.

ARTICLE 3 Team composition

3.1 Composition

- 3.1.1 Each team is composed entirely of girls.
- 3.1.2 Each team must have a minimum of six (6) players.

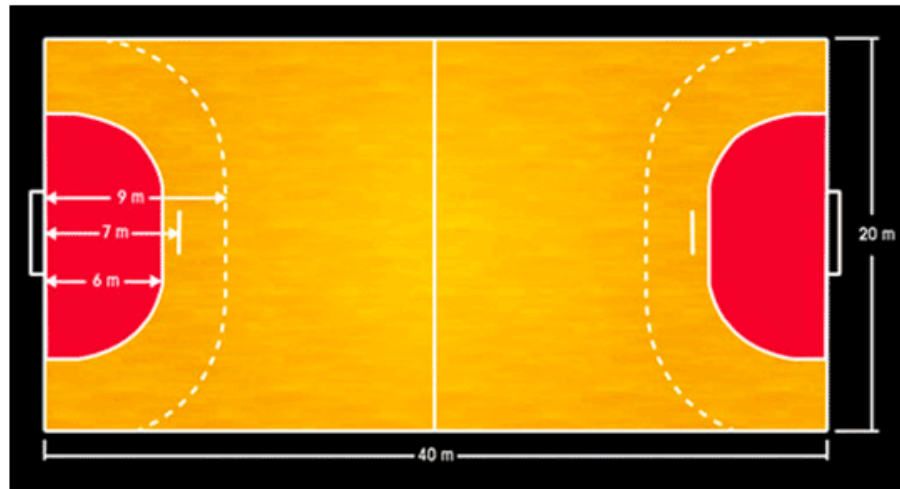
3.2 Substitutions

- 3.2.1 Substitutions can be made at any time as long as the player on the field exit completely the playing area before the substitute player enter the field.
- 3.2.2 Substitutions are unlimited (free substitution).

ARTICLE 4 Installations and equipment

4.1 Sports installations

- 4.1.1 The dimension of the court used are the regular mini-handball court dimension (13 m x 20 m).
- 4.1.2 The goal area is exclusively reserved for the goalkeeper. The line of the goal area is the thin blue line located at 6 m.



4.2 Equipment

- 4.2.1 The official ball is a size 0 ball (A ball with a circumference between 50-52 cm.
- 4.2.2 Balls will be provided by Sports Laval.
- 4.2.3 Participating schools must have a t-shirt or pinnies of the same color for each player. The players must have their t-shirt or pinnies tucked in their shorts all the time.
- 4.2.4 The goalkeeper can wear gloves.

4.3 Security

- 4.3.1 Before each game, the coach must make sure that no player is wearing jewelry (necklaces, bracelet, earrings, facial piercing, etc.)

ARTICLE 5 Games

5.1 Game format

- 5.1.1 The games are played with five (5) players on the field and one (1) goalkeeper.
- 5.1.2 The game format is competitive. There will be a round robin period where each team will be played. After, there will be an elimination round with the quarter-finals, semi-finals and the final.
- 5.1.3 For the round robin period, if there is a tie, there will not have overtime. A win game is three (3) points, a tie game is one (1) point and a loss game is 0 point.

- 5.1.4 If there is tiebreak after the round robin period, the procedure to apply is :
- (a) Total points : how many points have each team. The team who have more points moves on;
 - (b) If two (2) teams are involve in a tiebreaker, the team who win the game will moves on;
 - (c) Calculate the point differential in all the games of the round robin period (goals scored – goals conceded = differential). The team with the biggest differential moves on;
 - (d) If the differential is tie, the team who scored most goals moves on;
- 5.1.5 For the elimination round, tie games will go in overtime. There will be three (3) minutes period (running time). If it is tie again, each team will select three (3) players for shoot out. They will continue until a goal is scored.

5.2 Playing time

- 5.2.1 The game will consist of two (2) halves of twelve (12) minutes (running time). There will be a two (2) minute break at half time.
- 5.2.2 No time-outs are allowed.

5.3 Refereeing

- 5.3.1 The referees will be determined by Sports Laval.
- 5.3.2 A coin toss determines which team will have the ball at the start of the game. After the half-time break, it will be the other team.

5.4 Score

- 5.4.1 Each goal is one (1) point.

5.5 Score differential

- 5.5.1 If there is 8 points separates the 2 teams, the score will be final for the match sheet. The teams can still play for pleasure.

ARTICLE 6 Awards

6.1 Banners

- 6.1.1 Each team will receive a participation banner. The teams in final will receive a finalist banner and champion banner.

HOW SPORT WORKS

ARTICLE 7 Specific rules

7.1 Game progress

- 7.1.1 Players must pass the ball to other for shooting into the goal and score points.
- 7.1.2 A player can take a maximum of three (3) steps while holding the ball. Pivoting and trampling do not count toward the three (3) steps.
- 7.1.3 A player cannot hold the ball for more than 5 seconds.
- 7.1.4 Dribbling is prohibited at all times.
- 7.1.5 The goalkeeper's passes beyond the center of the field are prohibited.
- 7.1.6 An offensive player is allowed to catch the ball in motion, shoot while in the air above the goal area, and land back in the goal area after the ball has left his hand.
- 7.1.7 The team that scored must return to their defensive zone.
- 7.1.8 If the ball crosses the end line, the ball belongs to the goalkeeper.

7.2 Defensive

- 7.2.1 Zone defensive is mandatory :
 - (a) " 5-0 " formation (a wall of five (5) players on the 6 m line)
 - (b) " 4-1 " formation (a wall of four (4) players on the 6 m line and one (1) player called the " marauder " who can move up to the 9 m line)
 - (c) The " marauder " does not have to be the same player at all times.
 - (d) In defense, players on the 6 m line (wall) may take one (1) step forward and/or one (1) step back (within one (1) m).
- 7.2.2 No man-to-man defenses will be allowed.

7.3 Throw-in

- 7.3.1 The goalkeeper may restart play without a whistle from the referee :
 - (a) After a goal ;
 - (b) After the ball has crossed the goal line ;
 - (c) After a save by the goalkeeper and if the ball remains in the goal area.

- 7.3.2 The throw-in is taken from the spot where the ball crossed the sideline, or if it crossed the endline, from the nearest corner. The thrower must keep one foot on the sideline to execute the throw until the ball leaves his hand. All opposing players must stay three (3) m away from the ball.
- 7.3.3 When a situation arises during the play and it is not easy to decide, the referee will decide which team to award the throw-in based on his judgement. The following situations are examples :
- (a) When players from both teams commit a foul simultaneously on the playing surface ;
 - (b) When the ball touches the ceiling or a fixed object above the court ;
 - (c) When the play is interrupted without any foul have been committed and neither team is in possession of the ball.

7.4 Fouls

- 7.4.1 When there is a foul, a free throw is taken at the spot where the foul was committed (outside the 9 m line). Opponents must be at least one (1) m away from the player taking the free throw.
- 7.4.2 There is a foul when :
- (a) A defender enters in the goal area to prevent a shot by the opponent ;
 - (b) A player attempts to intercept the goalkeeper's first pass after a goal (first pass rule) ;
 - (c) A player obstructs an opponent with his arms, hands or legs ;
 - (d) A player take or snatch the ball from an opponent ;
 - (e) A player intentionally touches the ball with their feet (except the goalkeeper) ;
 - (f) A player intentionally throws the ball at an opponent ;
 - (g) A player push or hold an opponent.
- 7.4.3 The referees have to be very vigilant with regard to dangerous throws. The player at fault will be assessed a penalty of two (2) minutes and will be replaced by another player. If the same player comes back with a dangerous throw, he will be excluded from the game and depending on the seriousness; he can be excluded from the tournament.

7.5 Ethics

- 7.5.1 Any player who is deliberately rude, disrespectful or uses aggressive language will be excluded from the game.