

Regulations Handball

GNSK 2025

Team composition and eligibility

1. Each Student Sport Council (OSSO) or city can register multiple men's and women's teams. A team consists of a minimum of 7 and a maximum of 14 players. The first team registered per OSSO or city always has the right to participate. Depending on the number of registered teams, a decision will be made regarding the participation of the other teams. If there are too many other teams for the remaining spots, participation will be based on the order of registration.
2. The registered participants from an OSSO or city may only consist of students who meet the requirements as set in Chapter 1 of the SSN event regulations. In case of a violation of this rule, the team will forfeit all matches. If an ineligible participant takes part in the GNSK, a fine of €200 will be charged to the OSSO or representative organization in the city to which the participant belongs.
3. The team lineup must be provided to the handball committee before the start of each match. If an OSSO or city sends more participating teams, players cannot be swapped or participate in other teams. If this happens, Article 2 applies.
4. The winner of the handball tournament of the GNSK 2025 qualifies for the European Universities Championships (EUC) in 2026.

Match provisions

5. The preliminary rounds of the team tournament consist of groups. The group placement is determined by drawing, with teams seeded according to Implementation Regulation Seeding GNSK 2024 and, if possible, teams from the same OSSO or city distributed across different groups. The handball committee decides, prior to the draw, how many teams per group qualify for the final bracket, which is played through a knockout system.



6. In case of a won match, a team receives 2 points, and in case of a draw, 1 point. The final ranking in the group is determined by the total number of points a team has earned. In the event of a tie in the group stage, the ranking is decided successively by the head-to-head result, the goal difference and the number of goals scored. If no decision is reached, five different players from each team take one 7-meter throw each. If necessary, both teams will then take turns with 7-meter throws until a decision is reached.

7. The duration of a match is set at 28 minutes of continuous playing time without changing sides and without a break. The final will consist of two halves of 30 minutes of pure playing time each, with a 10-minute break between halves. There is no limit on substitutions

8. In the group stage, a draw is possible. If a match ends in a tie in the later stages of the tournament, an extension of two times 5 minutes will be played. If there is still no winner, five different players from each team take one 7-meter throw each. If necessary, both teams will then take turns with 7-meter throws until a decision is reached.

9. Teams must be present and ready to play at the time indicated in the schedule. If a team is not present at the specified time, the team loses the match. The score will be recorded as 5-0 in favor of the present team.

10. The teams must wear shirts with numbers. If necessary, the team mentioned second on the match schedule is responsible for providing reserve shirts.

11. Officially approved match balls will be used. The match balls will be provided by the handball committee. Practice balls should be brought by the teams themselves.

12. Resin will be provided by the handball committee. If one plays with a different resin than the provided one, they will be disqualified.

13. Protests will not be accepted as far as they concern referee decisions.

Closing provisions

14. Players must wear appropriate shoes.

15. The organization is not responsible for accidents or damage to third parties before, during, or after the match. Participation is at your own risk.

16. The organization is not responsible for theft before, during, or after the competition.





17. In the absence of exceptions in the above points, the [regulations of NHV](#) are in force, except for the time stop rule during 7-meter throws and the time-out rule.

18. In all cases, the handball committee reserves the right to make a binding decision.

