

## HANDBALL

### **Squad Information**

Maximum of 14 in a squad (7 in a team)

### **Year groups**

Year 7/8 and Year 9/10

### **Gender**

Boys and Girls

### **Equipment (schools need to bring to the competition)**

Handballs and bibs

### **COMPETITION FORMAT – U13 Boys & Girls, U15 Boys & Girls**

- Teams consist of 7 players (six outfield plus one GK). Squads can consist of up to 14 players.
- Players are interchangeable at any time during the game.
- Only the GK is allowed in the 'D'
- Once a goal is scored, play restarts with the conceding team from the centre line
- Contact is allowed
- Ball sizes: U13 girls – Size 0/1. U13 boys – Size 1. U15 girls – Size 1. U15 boys – Size 2.
- Team must defend in a minimum of 2 lines i.e - Teams are not allowed defend with all players standing around the 6m line.
- Matches should be 10 minutes, straight through with a 5 minute break between matches.
- Where more than one court are running; matches should be started at the same time but timed separately.
- One referee is required on court that will also be responsible for scoring – This can be a teacher/leader or qualified handball referee
- 3 points will be awarded for a win, 1 point for a draw and 0 point for a loss.
- In the event of a tie, winners should be decided on goal difference, goals scored and then on the result of matches between tied teams

## Basic Rules:

### Attacking players

Allowed	Not Allowed	Consequence
Throw and catch the ball using hands and arms	Block or kick the ball using the feet	Free throw to the defending team
Pass the ball to a team mate	Hold the ball for more than 3 seconds	Free throw to the defending team
Bounce the ball with one hand and catch it	Bounce the ball, catch it and bounce it again	Free throw to the defending team
Take a maximum of 3 steps before having to dribble or pass	Take more than 3 steps with the ball	Free throw to the defending team
Move outside of the goal areas	Enter the goal areas	Goalkeeper throw
Break through the defence	Charge the opponent or run into a defender	Free throw to the defending team
Pass the ball in order to create a scoring chance	Keep possession of the ball without creating a scoring chance	Free throw to the defending team

### Defenders

Use hands and arms to block the ball	Pull or hit the ball out of the hands of the attacking player	Free throw to the attacking team
Make frontal body contact with the attacking player	Hold the attacking player's body/shirt. Push, run or jump into them	Free throw/progressive punishment
Stay outside the goal area	Use the goal area as a defensive position	7m throw
Stay at least 3m from attacking player at a restart throw	Interfere with an attacking player during a restart throw	Free throw/progressive punishment

## Goalkeepers

Touch the ball with any part of the body inside the goal area

Take the ball into the goal area from outside the 6m line

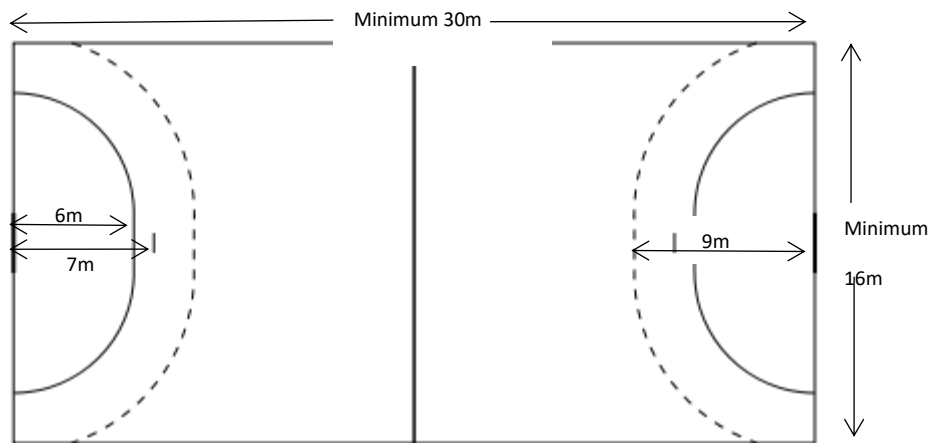
Free throw to the attacking team

Leave the goal without the ball and play as an outfield player

Leave the goal area with the ball

Free throw to the attacking team

## Minimum playing area/markings



- Minimum 30m x 16m court with markings as above
- 3m x 2m goal at each end: suggest igoals or samba goals
- Court can be temporarily marked using throw down markers or tape