

**Handball**

**U13 & U15 Boys and Girls**

**Rickmansworth School**

**Format:** 5-a-side tournament, with squads up to 7.

**Competition format:** The competition will be a round robin, with each team playing every other team once.

* **Game length will be announced on the night, depending on the number of teams entering.**

**Rules:** England Handball rules will be followed.

* The game begins with a free pass at the middle of the court. This happens at the start and every time a goal has been scored.

Scoring and defending

* A goal is scored when the whole of the ball crosses the goal line. A goal may be scored from any throw.
* No player (except the goalkeeper) is allowed inside the goal area.
* A player can defend their own goal by using their body. However using outstretched arms or legs to push, hold, trip or hit is not allowed.

Passing and dribbling

* A player can take a maximum of 3 steps without dribbling the ball.
* A player may hold the ball for no longer than 3 seconds without bouncing, shooting or passing the ball.
* If a player takes more than 3 steps without dribbling or holds the ball for more than 3 seconds, possession goes to the other team.

Fouls and penalties

* A foul is awarded if a player trips, pushes, hits, charges or holds an opposition player.
* A foul results in a ‘free throw’. All defenders must stand 3m back.
* A penalty is awarded if a foul denies a clear goal scoring opportunity.

Boundaries

* If the ball goes out of play over the goal line (without resulting in a goal) either a ‘corner throw in’ or ‘goal throw in’ should be awarded depending on which team touched the ball out of play.
* If the ball goes out of play, a free throw back in is given to the team that did not touch it out of play.

A win will earn 3 points and a draw will earn 1 point. The team with the most points at the end of the competition will be the winners.