

## THROWS IN THE GAME

In Handball there are five different throws:

- **Throw-off** is taken at the beginning of the first and second halves from the centre of the court, and after scoring a goal in Handball.
- **Throw-in** is taken if the player drops the ball over the side line.
- **Goalkeeper throw** is taken after saving a shot by the goalkeeper, or if the attacker enters the goal area while possessing the ball. In Mini Handball, a goalkeeper throw is made after scoring a goal.
- **Free throw** is given if a player does not follow the rules or violates the rules in any other way.
- **7-meter throw** is given when a clear scoring chance is destroyed.



Defender is at less 3 meter far from attacker when he/she is doing throw in (throw-off).

## CONCLUSION

In Handball, the number "three" is very important, as it is linked to several key rules:

- It is not allowed to hold the ball in place for more than **3 seconds**.
- Make maximum of **3 steps** while holding the ball.
- **3-meter** distance from attacker when he/she is taking throws: throw-off, throw-in, tree throw and 7-meter throw.
- **Third suspension for 2 minutes** is disqualification of player (suspended for the rest of the match), after 2 min inferiority another player can go in.

Do not hesitate to give children the possibility to gain valuable experiences as a referee to learn decision making, analysis of situations, and application of the rules. They also can help with preparing facilities and materials during events, or be useful as a timekeeper or scorekeeper.

For more information and complete rules of Mini Handball and Handball, please go to:

[www.ihf.info](http://www.ihf.info)

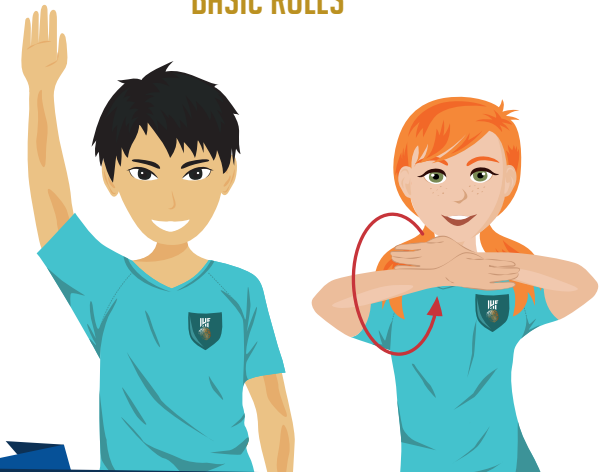
Articles, exercises, and other educational materials are available at IHF Education Centre:

[www.ihfeducation.ihf.info](http://www.ihfeducation.ihf.info)



# HANDBALL AT SCHOOL

## BASIC RULES



*How to play Handball?  
What is allowed by the rules?*

HAVE **FUN** AND  
PLAY **FAIR!**

# THE BASIC PRINCIPLES OF THE GAME

Handball is a team sport based on "fair play" principles. Players dribble the ball, or pass between teammates, as they progress toward the opponent's goal. A point is scored when they successfully shoot the ball into the goal. Within each team, the players are interchangeable during the game.

	Mini Handball	Handball
Court (m)	20 x 13	40 x 20
Goal area (m)	4 - 5	6
Goal (m)	2.4 x 1.6	3 x 2
Ball size	„0“ or „1“	„1“, „2“ or „3“
Number of players	4 + GK	6 + GK
Gender	Mixed	Male / Female
After scoring a goal	Goalkeeper throw	Throw-off
Free-throw line	No	9-meter

For official matches, a game is played as two 30-minute halves, with a ten minute break between, but for younger players, the games are shortened to suit the respective age-group.

A typical game is officiated by two referees in cooperation with a timekeeper and scorekeeper.



Defender is allowed to make body contact when employing frontal close marking. In Mini Handball, physical contact with the attacker with the ball is avoided.

# THE ATTACKING PLAYERS

The attacker in possession of the ball is allowed to:

- Hold the ball for less than 3 seconds without movement or dribbling.
- Take one, two or three steps while holding the ball, and then dribble, pass or shoot.
- Bounce the ball as many times as the player wants, but if the attacker stops dribbling, he/she is allowed to take a maximum of three steps before passing or shooting.
- Leap above the goal area (making sure to jump before the goal-area line), but must not set foot in it while possessing the ball.

The attacker is not allowed to run into or push an opponent if he stands in his way. This foul results in losing possession of the ball.

# GOALKEEPER

The goalkeeper is allowed to use all of his/her body to save the ball. Inside the goal area, the goalkeeper moves without limitation, but outside of the goal area, the goalkeeper is entitled to act as a court player.

The goalkeeper is not allowed to return to the goal area from the field or to leave the goal area while possessing the ball. Teammates are not allowed to pass the ball back to the goalkeeper if he/she is in the goal area.

# THE DEFENDING PLAYERS

The defender is not allowed to:

- Push, hold, restrain or hit the attacker.
- Stand in the goal area.
- Interfere with attacker by using his/her feet (kick).
- Hit or snatch the ball out of the attacker's hands.
- Strike or pull back the attacker's throwing arm.
- Spoil a clear chance of scoring with illegal means.

Defending in goalkeeper area and destroying the scoring situation – sanction:

7-meter throw and progressive punishment (as warning, 2-minute suspension or disqualification).



Defenders must try to stand between the attacker and his/her goal to prevent the attack from shooting at the goal. He/she also can try to intercept the ball, to break up the pass, or to block the shot of the attacker.

# REMARK:

The rules regarding technical faults shall be assessed according to the skills and the age of the children participating in the game.