



# European Handball

Last updated 2016

## **GRADE**

Open A, B, C

## **FORMAT**

Round robin

## **UMPIRES**

- Each group will be required to supply an umpire on a rostered rotation basis.

## **BACKGROUND**

- European Handball is a high paced sport and can be explained as a mix between soccer, netball and basketball.
- At either end of the court is a goal similar to that in soccer. The object is to get the handball (small soccer ball) into the opposition's goal more often than they can get it into yours.
- The ball is transported across the court by passing in the style of netball. Players can take 3 steps and hold the ball for 3 seconds. Dribbling is allowed, however the ball must be patted with the palm, similar to basketball, therefore passing is usually the quicker option.

## **RULES**

- Six (6) players per team (5 players and 1 Goalkeeper).
- Mouth guards are **STRONGLY** recommended.
- No attacking or defending players other than the defending goalkeeper are allowed to touch the floor of the goal area (within 6 metres of the goal). A shot or pass in the goal area is valid if completed before touching the floor.
- Goalkeepers are allowed outside the goal area, but are not allowed to possess the ball across the goal area boundary.
- The ball may not be passed back to the goalkeeper when they are positioned in the goal area.
- Notable scoring opportunities can occur when attacking players jump into the goal area. For example, an attacking player may catch a pass while launching inside the goal area, and then shoot or pass before touching the floor.
- Doubling occurs when a diving attacking player passes to another diving team-mate.
- Substitutions can be made throughout and each side gets one Time-Out per period.

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State Youth Games is presented by Youth Vision Victoria

*To ensure SYG participants are adequately covered in the event of a personal or sporting related accident it is strongly recommended that participating groups or individual participants arrange personal accident insurance. It is the responsibility of the group co-ordinator to ensure this is communicated to SYG participants associated with their groups.*



- Playing the ball: players are allowed to:
  - a. Throw, catch, stop, push or hit the ball, by using hands (open or closed), arms, head, torso, thighs and knees.
  - b. Hold the ball for a maximum of 3 seconds.
  - c. Take a maximum of 3 steps with the ball.
  - d. Bounce the ball to reset the 3 second count.
- The Goalkeeper can touch the ball with any part of their body while in the act of defense inside the goal area.
- When defending players cannot pull or hit the ball out of the hand of an opponent; block or force away an opponent with arms, hands or legs; restrain, hold, push, run or jump into an opponent; otherwise impede, obstruct or endanger an opponent.
- Players cannot touch the ball with a foot or leg below the knee, except when the ball has been thrown at the player by an opponent.
- Players cannot play the ball intentionally out over the side line or the team's own outer goal line.

#### **Throw-ins:**

The team which did not touch the ball last is awarded a throw-in when the ball fully crosses the side line or touches the ceiling. If the ball crosses the outer goal line, a throw-in is awarded only if the defending field players touched the ball last. Execution requires the thrower to place one foot on the nearest outer line to the cause. All defending players must keep a distance of three metres. However, they are allowed to stand immediately outside their own goal area even when the distance is less than three metres.

#### **Goalkeeper-throws:**

If the ball crosses the outer goal line without interference from the defending team or when deflected by the defending team's goalkeeper, or when the attacking team violates the D-Zone as described above, a goalkeeper-throw is awarded to the defending team. This is the most common turnover. The goalkeeper resumes the play with a throw from anywhere within his goal area.

#### **7-metre throws:**

A 7-metre throw is awarded when a clear chance of scoring is illegally prevented anywhere on the court by an opposing team player. The thrower steps with one foot behind the 7-metre line with only the defending goalkeeper between them and the goal. The goalkeeper must keep a distance of three metres. All other players must remain behind the free-throw line until execution. The thrower must await the whistle blow of the referee. A 7-metre throw is the equivalent to a penalty kick in soccer; however, it is far more common and typically occurs several times in a single game.