

HANDBALL RULES

HAND BALL: SIX-A-SIDE HANDBALL

Teams consist of 6 players (minimum 5), maximum 3 males and minimum 1 male. The players play the whole court except the goal circle area. Only the Goal Keeper is allowed in the goal circle and they can not leave the goal circle while being the goal keeper. Attacking players may ONLY shoot for goal outside the goal circle area. All goals are worth 1 point.

To start the game a toss is done between any two players on opposing teams. Then, the game is started as a center pass from the center circle by the player winning the toss. Each quarter after that is taken in turn.

If any part of the shooter touches the ground inside the circle it is deemed to be no score (during the act of scoring or after scoring). The line is considered part of the goal circle. After a goal is scored the goal keeper takes the ball inside the goal circle and plays it on to their team, on the whistle from the umpire. (Players must wait for the umpires whistle). No other player can be in this circle at any time. All rules pertaining to a free pass apply. E.g. NET ABUSE, HELD BALL (5SEC) AND CONTACT etc, (the offending player to be stood out of play until the free pass is taken.) The umpire shall blow the whistle when a goal is scored.

- Each player has 5 seconds to pass the ball or they may bounce the ball to reset the held ball clock.
A player is considered to have possession when they have two hands on the ball. The ball can be stolen from the player in possession if they only control the ball with one hand.
A player in possession may not use the ball to touch the ground inside the goal circle to regain their balance.
- When in possession the attacking player can take 3 steps and has 5 seconds to dispose of possession.
There is to be no physical contact, any breach will result in a free pass to the non offending side. You may make contact with the ball while it is being held, if the player in possession has the ball in one hand. If in the opinion of the umpire no one is responsible for a contact a toss up is to take place.
No player may deliberately cause a contact/obstruction by moving in front of an opposition player.
- Any pass may hit any net or be bounced off the net. A free pass will be awarded, if in the opinion of the umpire, a player has deliberately tried to hit an opposition player with the ball or any part of their body, and they shall be put in the SIN BIN for 2 minutes.
No player is permitted to kick the ball.
We hope you enjoy this sport as part of the ALL SPORTS COMPETITION and if you have any inquiries please don't hesitate to ask us.