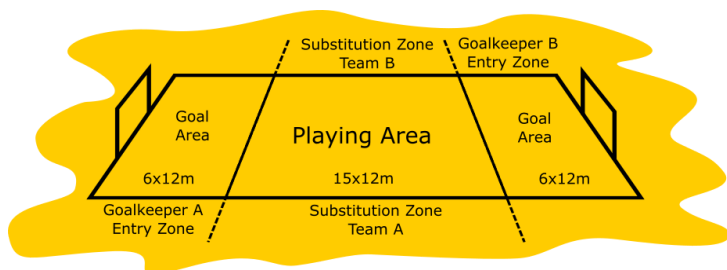


# Beach Handball Rules



## What do you need?

- › a sand court
- › a non-slip rubber ball
- › two goal posts
- › lines

## Who plays?

- › men's, women's or mixed teams
- › 3 player + 1 goalkeeper
- › max roster: 10 players

## How do you play?

- › 2 x 10 minutes
- › 5 minutes break
- › each period needs a winner!

... and if there is a draw?

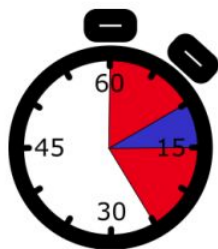
- › use Golden Goal Method
- › first team to score wins the period

## Who wins?

- › the team with the most match points

How do you win match points?

- › win a half = 1 match point
- › win two halves = 2 match points = VICTORY!!
- › a tie? = A SHOOT-OUT



## The Throws

Throw-in is taken:

- › with one foot on the sideline
- › also instead of corner throw

Free throw is taken:

- › 1m outside opponent's goal area line

6 meter (penalty) throw is taken:

- › when clear scoring chance has been denied (penalty = 2 points)

## The Do's and Don'ts

You are allowed to:

- ✓ pass the ball using your hands
- ✓ take 3 steps/hops while holding the ball
- ✓ hold the ball for 3 seconds
- ✓ drop the ball once and pick it up within 3 seconds
- ✓ dive for the ball
- ✓ grab the ball from the goalkeeper's area without entering the area
- ✓ leave and enter the playing field from your substitution zone

You are not allowed to:

- ✗ play the ball using your feet/knees (exception goalkeeper)
- ✗ use physical contact for defense (see Punishments)
- ✗ grab into a player's throwing arm
- ✗ slap the ball out of a player's hands
- ✗ pass the ball back in the goalkeeper's area of your team

## The Punishments

- › the violating player leaves the court
- › player re-enters when ball possession has changed between teams
- › second suspension = disqualification

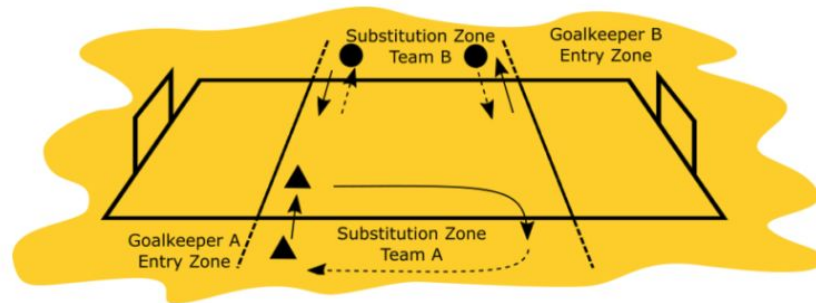
many points do I get?

- at goal = 1 point
- ctive / spectacular goal = 2 points
- ght & spin shot goals = 2 points
- by goalkeeper = 2 points
- rows = 2 points

## The Substitutions

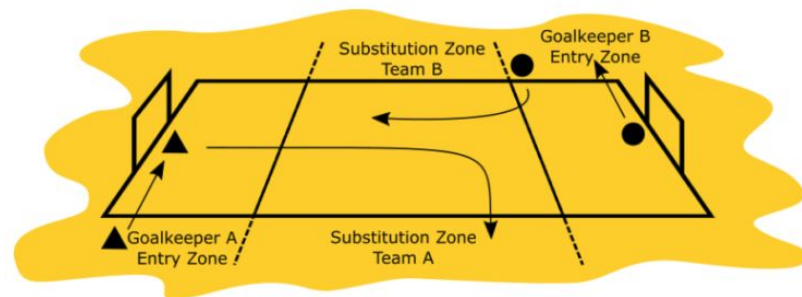
- › the number of players per team on the field cannot exceed 3 field players and 1 goalkeeper(specialist)
- › substitutions may happen regardless of ball possession and as many times as wanted

### Field Player



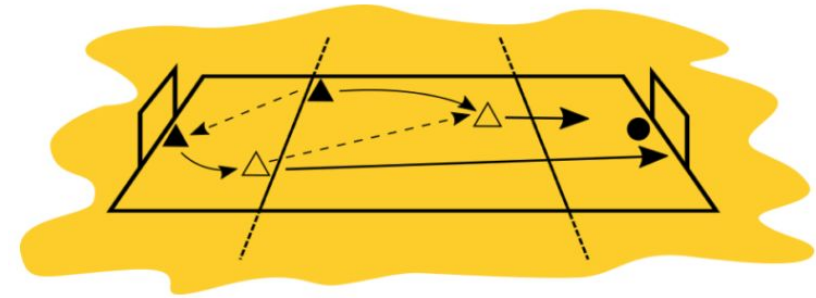
- › must enter the court from the teams substitution zone
- › must leave the court from the substitution zone of their team
- › Strategy Team A: let players start in defense, make one attack and substitute with the next player
- › Strategy Team B: some players play only defense others only offense

### Goal Keeper



- › must enter the court from the teams goal keeper entry zone
- › may leave the court anywhere in the goal keeper or substitution zone of their team
- › goalkeepers that attack with the team are also called specialists

## The Shoot-out



### Who plays?

- › both goalkeepers and one player
- › each team has 5 chances (5 different players)
- › teams take turns shooting

### How does it work?

- › both goalkeepers stand on their goal lines
- › player has one foot on the goal area line
- › player passes to his goalkeeper
- › goalkeepers can then move from their position

### What are the options?

(all within 3 seconds !!!)

- › goalkeeper attempts a shot on goal OR
- › goalkeeper passes to player running towards the opponent's goal
- › player attempts a shot at goal

### What should you remember?

- › the ball can't touch the ground (= Shoot-out is over)
- › the attackers can't break a rule (= Shoot-out is over)
- › the defending goalkeeper can't break a rule (= 6m throw & disqualification)

### Who wins?

- › the team with the most points
- › a tie? = sudden death shoot-out (repeat of shoot-out procedure until there is a winner)
- › WINNER = 1st team with 1 goal difference after both teams have had an equal no. of attempts
- › match result after shoot-out = 2 : 1