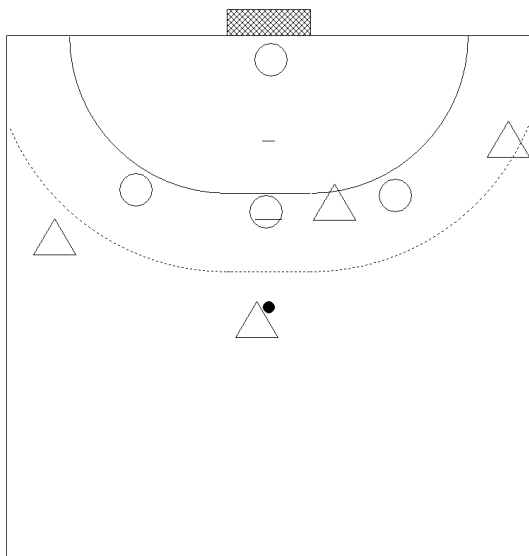


Micro-Handball – Basic Rules

It has to be clear that the following are recommendations based upon various testing with students of the Vienna Academy for Sports and the Sports Institute of Vienna University. The recommendations are dedicated to school teachers and coaches of beginner's teams to give them a frame of how to implement the game.

However, everybody is free to alter the rules according to different requirement of room, players and the equipment available.



Pitch:

Goal 1.60 x 2.40 (Mini Handball)

Goal area 4m quarter circle + straight line

Start line 4m line placed 8-10m from goal

Teams 4v4

Ball 44cm circumference not bouncing ball

Basic rules:

It is a 4v4 game to score points.

The teams consist of 4 players each; any of the defending team is allowed to act as a goalkeeper. Every regular shot scores 1 point, creative or artistic shots score 2 points.

The team reaching a score of 11 points first wins the set.

The match is played best of three sets.

No body contact, play the **free ball** only. 3 steps in 3 secs with holding the ball allowed.

The ball can be played with every part of the body except lower leg and foot.

No penalty shot in case of denying a scoring chance by any rule violation – direct score of 2 points.

With every **turnover** the ball winning team has to bring the **ball behind the start line** before aiming for the goal (a rebound is not a turnover).

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