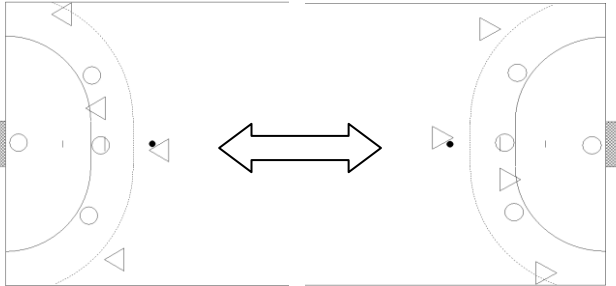


Midi-Handball – Basic Rules

This game is based upon the game “Micro-Handball”. There are two goal areas now and the game is played to either side. The goalkeeper has to follow up and join the team in offense. Thus there is a 4-3 superiority for the offense team.



Goal 1.60 x 2.40 (Mini Handball)

Goal area 4m quarter circle + straight line

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 15 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.

Centre line rule:

A score is valid only if the full team (including the goalkeeper) has crossed the centre line.

If a defense player fails to return to the defense half in time the score will be doubled.

Rotation rule:

The offense player touching the ball last in offense will be the goalkeeper in the next defense action. If a wrong player takes this position and saves – direct score of 2 points (according to the basic rules).

EXTENSION: By adding 5-6 shots of air the Micro-Handball will bounce and dribbling will be permitted.