



# BEACH HANDBALL - RULES OF THE GAME

**EHF short rule version**

## WHAT DO YOU NEED?

- a playing court
- a non-slip rubber ball

## WHO PLAYS?

- men's, women's or mixed teams
- 3 players + 1 goalkeeper
- up to 4 substitutes

## HOW DO YOU PLAY THE BALL?

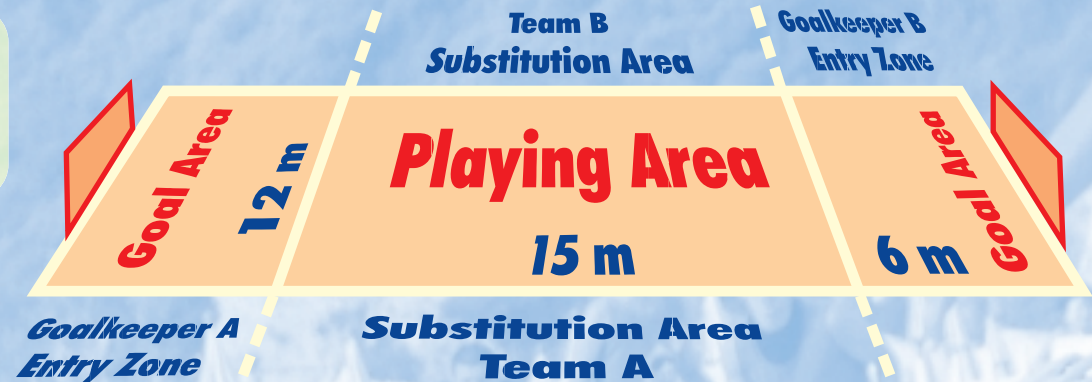
- using your hands
- even at rest or rolling (within 3 secs)
- diving is permitted
- even in goalkeeper's area

## HOW DO YOU PLAY?

- 2 x 10 mins.
- 5 min. break
- each half needs a winner!

...and if there is a draw?

- the **GOLDEN GOAL METHOD** comes into play
- first team to score wins!



## ...AND THE THROWS?

**Throw-in is taken:**

- where the ball crosses the side line **OR**
- 1m from intersect of goal area line and side line (If the ball crossed the outer goal line)

**Free throw is taken:**

- not within 1m of opponent's goal area line

**6 metre throw is taken:**

- when a clear scoring chance is destroyed (= 2 points)

## ...AND THE PUNISHMENTS?

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

### HOW DO YOU SCORE?

- regular goals = 1 point
- attractive/spectacular goals = 2 points
  - in-flight goals
  - goal by goalkeeper
  - 6 m throw

### 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

### WHO PLAYS IN A SHOOT-OUT?

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

### WHAT SHOULD YOU REMEMBER?

- the ball can't touch the ground
- the attackers can't break a rule (= shoot-out is

### HOW DOES IT WORK?

- both goalkeepers stand on their goal line
- player has one foot on the goal area line
- player passes to his goalkeeper
- goalkeepers can then move from their position
- (goalkeeper with ball must stay in his area!)

### 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 = 1<sup>st</sup> team with 1 goal difference after both teams have had an equal no. of attempts
- after shoot-out result = 2:1

### WHAT ARE THE OPTIONS?

( all within 3 secs.!!)

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

