

# EHF BEACH HANDBALL – RULES OF THE GAME

SHORT VERSION



Beach Handball

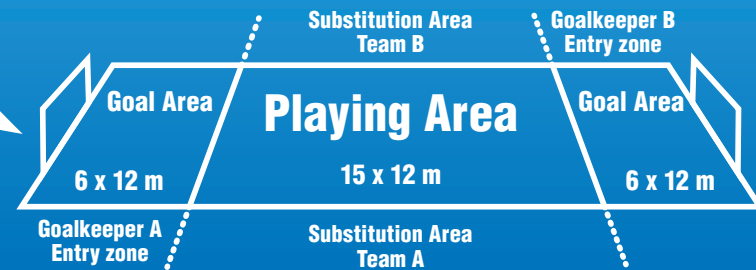


## WHAT DO YOU NEED?

- a sand court
- a non-slip rubber ball
- two goalposts
- lines

## 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 seconds)
- diving for the ball is permitted
- even in goalkeeper's area

## 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!

## ...AND 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-metre (penalty) throw is taken:

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

## ...AND THE PUNISHMENTS?

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

## HOW DO YOU SCORE?

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

## WHO WINS?

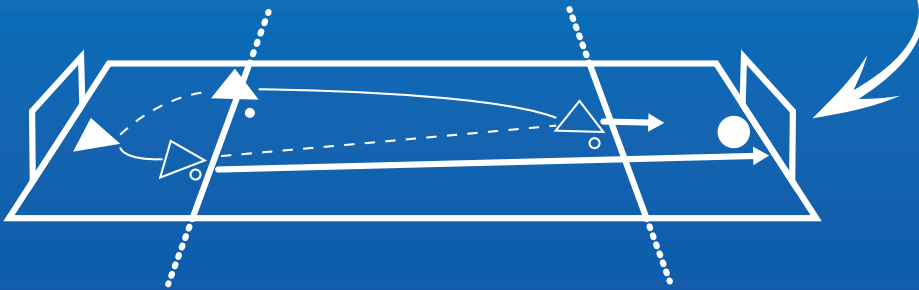
- the team with the most match points
- How do you win match points?**
- win a half = 1 match point
  - win two halves = 2 match points = VICTORY!!
  - a tie?? = **A SHOOTOUT**

## WHO PLAYS IN A SHOOTOUT?

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

## 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



## WHAT ARE THE OPTIONS?

(all within 3 sec.!!)

- goalkeeper attempts a shot at 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
- the attackers can't break a rule (= Shootout is over!)
- the defending goalkeeper can't break a rule (= 6 m 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 = 1<sup>st</sup> team with 1 goal difference after both teams have had an equal no. of attempts
- after Shootout result = 2:1

