

HANDBALL - Male

Warm up prior to participation and warm down upon conclusion.

It is “**strongly**” recommended that mouth guards be worn during play

1 **Six** players per team (5 players & 1 Goalkeeper). (**General Rule 1.1, 1.2 & 1.3 apply**)

2 Playing **the ball**

Players are allowed to:

2.1 Throw, catch, stop, push or hit the ball, by using hands (open or closed), arms, head, torso, thighs and knees.

2.2 Hold the ball for a maximum of 3 seconds

2.3 Take a maximum of 3 steps with the ball

2.4 Bounce the ball to reset the 3 second count

Players cannot:

2.5 Touch the ball more than once, unless it has touched the floor, another player, or the goal in the meantime. Fumbling the ball is not penalized.

2.6 Touch the ball with a foot or leg below the knee, except when the ball has been thrown at the player by an opponent.

2.7 Play the ball intentionally out over the side line or the team’s own outer goal line.

3 The **Goalkeeper** can touch the ball with any part of his body while in the act of defense inside the goal area.

4 When defending players **cannot** pull or hit the ball out of the hand of an opponent; block or force away an opponent with arms, hands or legs; restrain, hold, push, run or jump into an opponent; otherwise impede, obstruct or endanger an opponent.

Equipment

SportsFest Supply all Gear

Competitors to have own personal safety equipment