



HANDBALL

(Modified Handball)



Champion Schools Handball is a dynamic team sport played by two teams consisting of six field players and a goalkeeper. The players are allowed to handle and throw the ball. The team that scores most goals in the given time wins the match. All games are played on a grass court measuring 40 metres by 20 metres with a goalkeeper's 'D' (radius of 6m) and goal at each end. The goal is a rectangle 3 metres wide and 2 metres high. The ball used is an official size 1 handball.

2021 Champion Schools Handball Rules:

1. To start, players from both teams assemble in their defensive halves.
2. On referee's signal, the game begins when the starting player throws the ball to another player within three seconds (throw off).
3. Players may only move out of their defensive halves, over the centreline and into attack, when the ball has been thrown.
4. Players must make a conscious effort to move the ball up the court and try to score i.e. no passive play or passing back to a goalkeeper standing in the D.
5. Three second possession at all times unless otherwise stated.
6. A player is only permitted to take a maximum of five steps whilst in possession of the ball.
7. Hand dribbling the ball is permitted, however, this does not reset the three seconds or five steps.
8. The referee may instruct any player to play the ball within three seconds.
9. A player may not throw the ball to him/herself.
10. No contact that directly results in an opponent losing control of the ball, which includes no pulling the ball out of his/her hands.
11. The referee may call 'play-on' after contact if it is advantageous to the team with the ball.
12. The ball is out-of-play when the whole ball is over the boundary line.
13. A general out-of-play (sideline) ball must be thrown back into play from outside the playing area where it crossed the sideline, and before a goal may be scored.
14. An out-of-play (baseline) ball off a defender must be thrown back into play by an attacking player from the corner closest to where it crossed the baseline, and before a goal may be scored.
15. Out-of-play (baseline) balls off the attackers and goalkeeper must be thrown back into play by the goalkeeper from inside the D.
16. A *free throw* (apply as necessary to rules 3-6, 8-10, 12, 17, 19, 21 & 24-27) is awarded to the player nearest the opposing team's rule violation and taken as close to where it occurred as possible.
17. Immediately after a *free throw* is awarded, all opponents must maintain a distance of at least three metres from the ball carrier until the ball is thrown.
18. A *7 metre throw* on goal is awarded when contact is made with an opponent who is making a legitimate attempt to score and the ball does not pass into the goal.
19. On referee's signal, a *7 metre throw* is to be taken as a shot on goal from behind the 1 metre long line directly in front of the goal within three seconds.
20. Only the goalkeeper may enter the D with the exception of an attacking player directly after passing the ball off or shooting on goal i.e. the follow through or landing, then he/she must immediately retreat out of the D so as not to impede the goalkeeper.
21. A *free throw* is awarded to the defending team when an attacker enters the D before/without passing the ball off or shooting on goal.
22. A *7 metre throw* is awarded to the attacking team when a defender enters the D.
23. Only the goalkeeper may defend a *7 metre throw* on goal.
24. Only the goalkeeper may use his/her feet, but in the D and to defend the goal.
25. The goalkeeper returns the ball into play, by throwing or rolling it from inside the D.
26. The goalkeeper may only move out of the D to become an extra field player if he/she does not have possession of the ball.
27. A change of goalkeeper is only permitted during a break in play.
28. A goal may only be scored if a player shoots from inside his/her attacking half.
29. A goal is scored when the whole ball is over the goal line and is worth one point.
30. Repeat rules 1-3 after a goal is scored.