



**LEARN, LIVE & PLAY WITH
THE IHF YOUNGSTERS**

Handball rules

"Hi Handball Friends!

**It's great that you want to learn more
about the rules of handball!
In this booklet we will explain
everything you need to know -
have fun and play fair!**



“Learn, live and play with the IHF-Youngsters”

Handball is a very fast, dynamic and tricky game. Learning to play handball is very easy and once you have learned it, you can have a lot of fun playing together with your friends. But when playing handball, it is necessary to know some of the rules.

A referee whistles the game and makes sure that all children play according to the rules. He is your friend and always there to help you. If you have questions, he will be happy to answer them and he will also explain to you what you are allowed to do and what you are not allowed to do. If you know the rules, maybe you can even act as a referee one day.

In this booklet the IHF Youngsters will explain to you, what is allowed in playing handball, what you need to pay attention to when playing against others and what you are allowed to do as a goalkeeper. The IHF Youngsters are five girls and boys from all five continents, because – as you can see – handball is played all over the world and more and more children are becoming handball fans. Talk to your friends about the rules of handball and try to play together.

Play handball and have fun – it’s great!



Handball - The basics



Attacker



Defender



Referees





Technical facilities:

- Not all balls have the same size. There are special balls for men, women and children.
- The playing court is 40 metres long and 20 metre wide.
- Handball goals are 2 metres high and 3 metres wide.
- The semi-circle around the goal is the goal area, which court players are not allowed to enter.

Basic rules:

- 2 teams with 6 court players and 1 goalkeeper each compete.
- All court players of a team wear the same coloured uniform. Only the goalkeeper's uniform has a different colour.
- The goalkeeper can also act as a court player.
- Players can be substituted at any time during the game.
- Two referees lead the match. If players don't play according to the rules, they will be punished by the referees.
- Referees can punish players by showing the yellow card as a warning, by giving a 2 minute suspension or by showing the red card to disqualify the player.
- The playing time is two halves of 30 minutes with a half-time break inbetween.

Mini Handball



4 players and a goalkeeper



Minihandball 4+1 is the handball game for children. Boys and girls play together in one team. The aim of the game is to throw the ball into the goal of the opposing team and to avoid throws at the own goal.

Children play on a smaller field than adults, they play with a lighter and smaller ball and also the goals are smaller. At the beginning, four players and one goalkeeper of each team are on the field. The other players wait on the bench until it is their time to play. The players on the field change with the players on the bench on a regular basis, thus making sure that all players have a turn.

An older youngster or an adult acts as referee. Now we will explain the most important rules to you. Whenever you see this picture of a referee, we describe a breach of the rules, where the referee has to whistle.



If you've got the ball,...

...you are allowed to take one, two or three steps with the ball in your hand and then throw the ball at the goal.



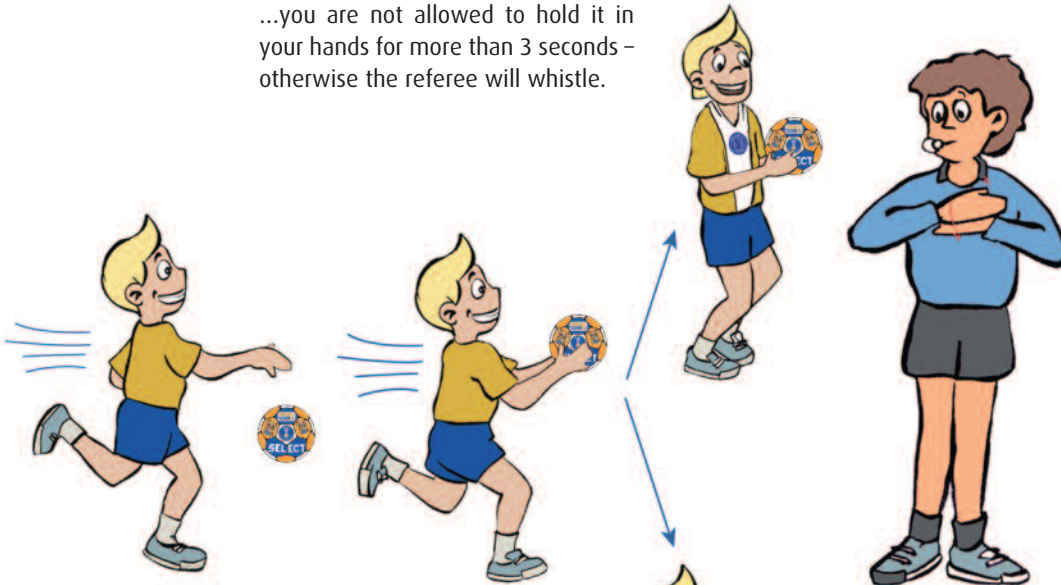
... you are allowed to bounce the ball on the ground as many times as you want. If you take the ball in both hands...



...you are allowed to pass it to a teammate.

If you've got the ball,...

...you are not allowed to hold it in your hands for more than 3 seconds – otherwise the referee will whistle.



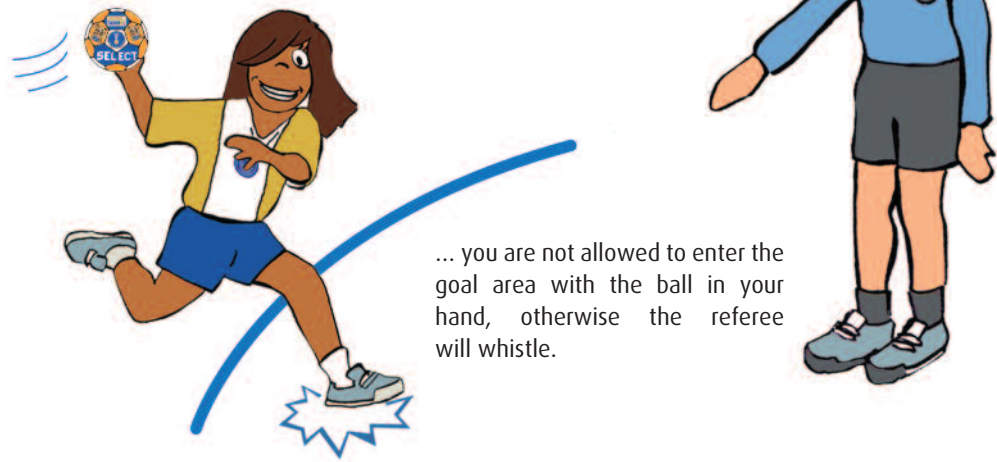
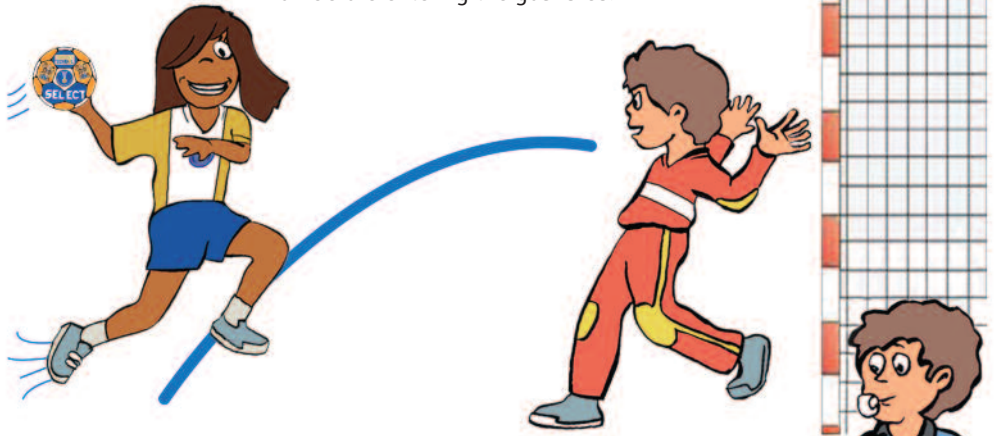
...you are allowed to bounce it on the ground as many times as you want. But when you hold the ball in both hands,...



... you are not allowed to start bouncing again, otherwise the referee will whistle.

If you throw the ball at the goal,...

... you can fly into the goal area with the ball in your hand, if you jump off before entering the goal area.



... you are not allowed to enter the goal area with the ball in your hand, otherwise the referee will whistle.

If you, as an attacking player, have an opponent,

... you are not allowed to bring the ball to the face of your opponent. Otherwise the referee will whistle.



...you are allowed to protect the ball with your body. But you are not allowed to...

...run right into your opponent with the ball in your hand. Otherwise the referee will whistle.



If you are a defence player,...

...you are not allowed to push or hold your opponent, if he/she has the ball.



...you are not allowed to push or hold your opponent, even if he/she doesn't have the ball.



...you are not allowed to stand in the goal area or to cross it while defending.

You are a good defence player:

... you are not allowed to hit the ball out of your opponent's hands.



...you are not allowed to snatch the ball out of your opponent's hands.



... you are not allowed to interfere your opponent by using your feet.



You are a good defence player:

Always try to stand in between your opponent and your goal and to prevent your opponent from throwing at the goal.



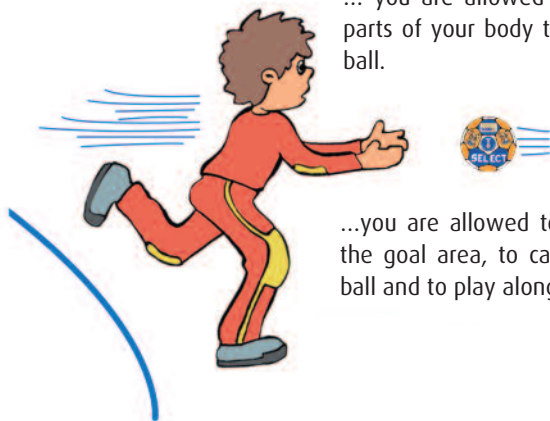
Always play fair on your opponent. If he/she succeeds in throwing at the goal – let him/her throw.



If you are a goalkeeper,...



... you are allowed to use all parts of your body to save the ball.



...you are allowed to leave the goal area, to catch the ball and to play along.

...you are allowed to pass the ball out of the goal area to one of your teammates.



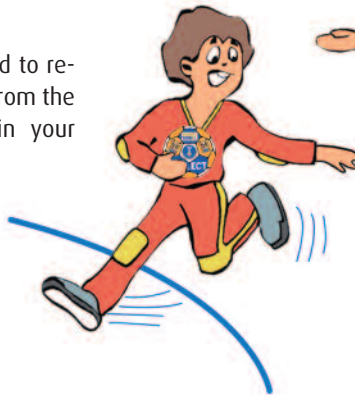
If you are a goalkeeper,...

...you are not allowed to bring the ball from outside the goal area into the goal area.

You are also not allowed to catch a pass of your teammate when you are standing in the goal area. Otherwise the referee will whistle.



... you are not allowed to return to the goal area from the field with the ball in your hands.



...you are not allowed to leave the goal area with the ball in your hands.





Editor: IHF
Visit the IHF website
www.ihf.info
to find out more about the rules of the game.