

# HANDBALL

## YEAR 3 and 4 TOURNAMENT



**The tournament will be held at Angmering and will start at 4PM.**

**Unfortunately, For tournaments in the sports hall, there will not be room for spectators, due to space constraints.**

**Tournaments using the synthetic turf pitch or hard courts (outside netball courts) will have room for spectators.**

There will a girls competition and a boys competition. Schools may enter a mixed team into the boys competition if required.

### OUTLINE:

- At junior (KS2) level, Handball is like netball but with players allowed to take 3 steps, bounce the ball.. However at Years 3 & 4, the dribble (bouncing the ball) is removed from the game. Players can still take the 3 steps. Players who have the ball but who are not stepping can hold the ball for 3 seconds only.
- Players shoot from outside a semi-circle area into goals which have a goalkeeper. Only the goalkeeper is allowed to go into the area.
- There are no corners, and the ball is passed in from the side of the court when it goes off.
- It is basically a non-contact game.
- Teams should try to attack as a team and defend as a team.
- As a general rule of thumb; short, fast passing is more effective than long, high passes and players should attempt to pass quickly rather deliberately counting their 3 steps, unless making space to shoot and pass. It should be a free flowing and fast game.
- The most effective defensive tactic is usually to get all players behind the ball and make a wall of players that the opponents have to get around.
- The attacking team, do always have to rush to attack, but rather create space to pass and ultimately shoot.
- Handball tends to be quite a high scoring game.
- Teams will have 1 goalkeeper and 4 outfield players on court.
- There must be at least 2 girls playing at any time.
- Rolling substitutions can be made at any time with the referees consent.
- Matches will be played across the width of the sports hall.
- 2 Matches will take place at the same time with the hall curtain drawn.

The beauty of handball is “fair play”.

It is the (2) referees who are in charge of leading the game. Their task is to maintain the “fair play” principle.

Players who cannot obey the “fair play” principle are progressively punished until they are unable to participate further.

# HANDBALL

## Rules:

Court: Netball court (Red lines in the sports hall)

Ball: small / medium sized plastic play ball or sponge ball. (size 2 / 3) – players should be able to play with one hand.

Posts: 5-a-side goal (posts 2 / 3 metres apart), rounders posts, large cones, taped onto walls, etc...

Games will be 5-a-side and must have at least 2 girls on court.

The competition will be played as a round robin.

4 points for a win , 2 points for a draw, 1 point for a loss.

The length of games will depend of the amount of teams entering.

Restarts: Centre pass after goal, side pass after ball off court, goalkeeper throw after ball over goal line (no corners) or attacker circle infringement, free pass after general infringement., penalty throw after deliberate stopping a goal with contact or defender in circle infringement.

Rule 1	Goal Area & Keeper. Only the keeper is allowed in the area. Keeper can save with any part of the body.	Defender in area - Accidental	Free throw 2 metres away from the edge of the area.
	Pass back to own keeper	Defender in area - Deliberate	Penalty – 7 Metre Throw (or from edge of area).
		Attacker in area	Keeper's Ball.
	Not Allowed	Free throw 2 metres away from the edge of the area.	
Rule 2	Body contact	Not allowed	Free throw from where it occurred.
Rule 3	Dribbling	Not allowed	Free throw from where it occurred.
Rule 4	Take a maximum of 3 steps with the ball before having to pass.	More than 3 steps	Free throw from where 4 <sup>th</sup> step occurred.
Rule 5	Holding the ball whilst standing still.	No more than 3 seconds	Free throw.
Rule 6	Dissent to referee	Back chat. Disputing decisions.	Sin bin 1 – 2 minutes (no substitute allowed)
		Not grounding the ball and retreating immediately after transgression.	1 <sup>st</sup> time – warning 2 <sup>nd</sup> time – sin bin
Free throw	<p>A free throw is taken from where the transgression occurred.</p> <p>Defending players must be a minimum of 2 metres from the ball when passed.</p> <p>You can score directly from a free throw.</p> <p>Players who commit transgressions are expected to put the ball on the ground and walk away. They should not throw or roll the ball away – this counts a dissent.</p>		
Penalty throw (7 metre throw)	<p>A penalty is taken from the 7 metre line (edge of the circle). The shooter's foot must not touch the line, and at least 1 foot must remain on the floor at all times.</p> <p>The keeper is allowed to stand up to 4 metres (4 large steps) off the goal line. The keeper is allowed to move before and during the throw, as long as (s)he does not go more than 4 metres off the goal line.</p>		



## Handball in 5 Minutes

Playing Court  
40 x 20 metres

Goals:  
3 x 2 metres

