



**Beach
Handball**

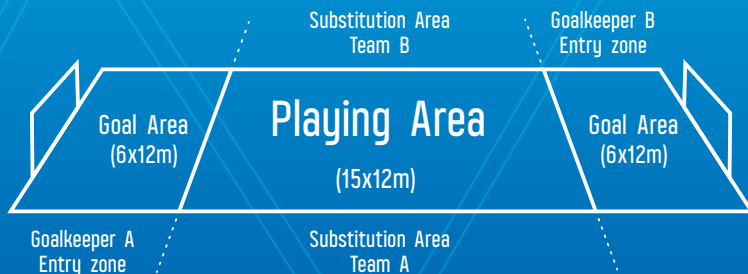
SHORT SUMMARY – RULES OF THE GAME

WHAT DO YOU NEED?

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

WHO PLAYS?

- men, women or mixed teams
- 3 players + 1 goalkeeper
- up to 6 substitutes



HOW DO YOU PLAY THE BALL?

- passing with your hands
- moving and holding the ball (max. 3 steps)
- rolling or holding ball (max. 3 seconds)
- diving for the ball is permitted, even in goalkeeper's area

HOW DO YOU PLAY?

- 2 separate periods (each 10 minutes)
- 5 minute break between periods
- 1 team timeout allowed per team each period
- each period needs a winner

...and if there is a draw?

- use **GOLDEN GOAL**
- 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 = 2 points
- goal by goalkeeper = 2 points
- 6m throw = 2 points

WHO WINS?

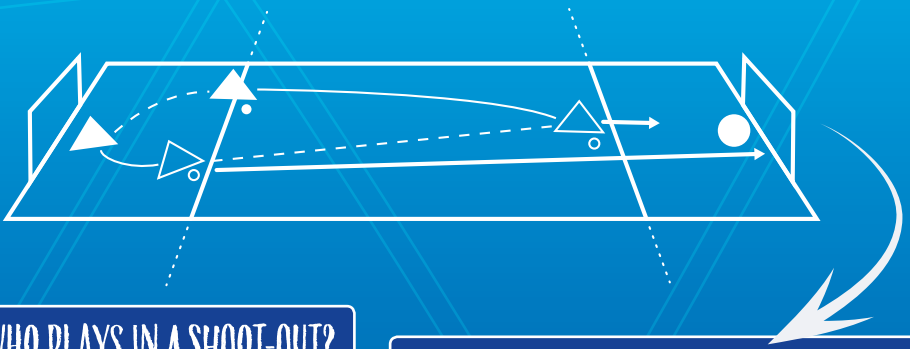
- the team with the most match points

How do you win match points?

- win a period = 1 match point
- win two periods = 2 match points = VICTORY
- a draw = SHOOT-OUT (see next page)



SHOOT-OUT RULES



WHO PLAYS IN A SHOOT-OUT?

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

HOW DOES THE SHOOT-OUT 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?

- ball can't touch the ground
- shoot-out is over if an attacker breaks a rule
- shoot-out is over if the defending goalkeeper breaks a rule (= 6 m throw & disqualification)

WHO WINS?

- the team with the most points
- a draw = sudden death shoot-out (repeat of shoot-out procedure until there is a winner)
- WINNER = first team with one goal more after both teams have had an equal number of attempts
- result after shoot-out = 2:1