



BEACH HANDBALL - RULES OF THE GAME

EHF short rule version

WHAT DO YOU NEED?

- ➡ a playing court
- ➡ a non-slip rubber ball

WHO PLAYS?

- ➡ men's, women's or mixed teams
- ➡ 3 players + 1 goalkeeper
- ➡ up to 4 substitutes

HOW DO YOU PLAY THE BALL?

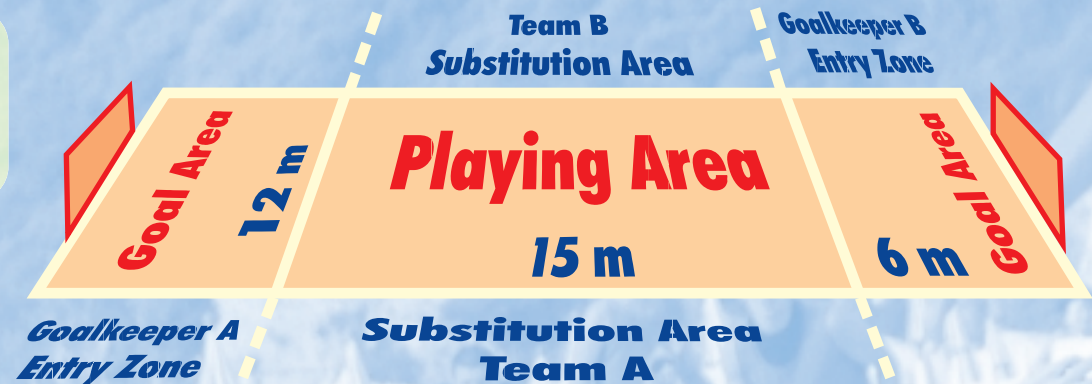
- ➡ using your hands
- ➡ even at rest or rolling (within 3 secs)
- ➡ diving is permitted
- ➡ even in goalkeeper's area

HOW DO YOU PLAY?

- ➡ 2 x 10 mins.
- ➡ 5 min. break
- ➡ each half needs a winner!

...and if there is a draw?

- ➡ the **GOLDEN GOAL METHOD** comes into play
- ➡ first team to score wins!



...AND THE THROWS?

Throw-in is taken:

- ➡ where the ball crosses the side line OR
- ➡ 1m from intersect of goal area line and side line (If the ball crossed the outer goal line)

Free throw is taken:

- ➡ not within 1m of opponent's goal area line

6 metre throw is taken:

- ➡ when a clear scoring chance is destroyed (= 2 points)

...AND THE PUNISHMENTS?

- ➡ the violating player leaves the court
- ➡ player re-enters when ball possession has changed teams
- ➡ second suspension = disqualification

HOW DO YOU SCORE?

- regular goals = 1 point
- attractive/spectacular goals = 2 points
 - in-flight goals
 - goal by goalkeeper
 - 6 m throw

WHO WINS?

- the team with the most match points
- how do you win match points?
 - win a half = 1 match point
 - win two halves = 2 match points = **VICTORY!!**
 - a tie?? = **A SHOOT-OUT**

SHOOT-OUT

WHO PLAYS IN A SHOOT-OUT?

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

WHAT SHOULD YOU REMEMBER?

- the ball can't touch the ground
- the attackers can't break a rule (= shoot-out is over!)
- the defending goalkeeper can't break a rule (= 6m throw)

HOW DOES IT 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
- (goalkeeper with ball must stay in his area!)

WHAT ARE THE OPTIONS?

(all within 3 secs.!!)

- goalkeeper attempts a shot at goal OR
- goalkeeper passes to player running towards the opponent's goal
- player attempts a shot at goal

WHO WINS?

- the team with the most points
- a TIE? = sudden death shoot-out (repeat of shoot-out procedure until there is a winner)
- WINNER = 1st team with 1 goal difference after both teams have had an equal no. of attempts
- after shoot-out result = 2:1

