

**The England Handball Association**

The Halliwell Jones Stadium · Winwick Road · Warrington · WA2 7NE

**E** [handball@englandhandball.com](mailto:handball@englandhandball.com) **T** 01925 246 482



ENGLAND  
HANDBALL

# England Handball National Schools Competition Guide

## The England Handball Association

The Halliwell Jones Stadium · Winwick Road · Warrington · WA2 7NE

**E** handball@englandhandball.com **T** 01925 246 482



## Squad size

- Teams consist of 7 players (six outfield plus one GK). Squads can consist of up to 14 players.
- Rolling subs are allowed – you must sub off before you sub on.

## Age groups:

- Under 13s Girls (years 7 & 8)
- Under 13s Boys (years 7 & 8)
- Under 15s Girls (years 9 & 10)
- Under 15s Boys (years 9 & 10)

## Ball Sizes

- U13 Girls – Size 0
- U13 Boys – Size 1
- U15 Girls – Size 1
- U15 Boys – Size 2

## Equipment

### Team Kit

All players must have numbers on the front and back of their shirts, which are clearly visible. Numbered bibs are acceptable.

Outfield Players

Must have uniform colours across the team.

Goals Keepers

Must be in a separate colour to outfield players

**The England Handball Association**

The Halliwell Jones Stadium · Winwick Road · Warrington · WA2 7NE

**E** [handball@englandhandball.com](mailto:handball@englandhandball.com) **T** 01925 246 482



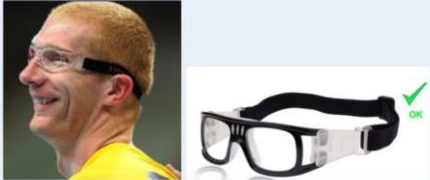



ENGLAND  
HANDBALL




## GLASSES

Handball is a contact sport, involving tackling and body contact, **regular glasses are not permitted** players must wear sports specific glasses E.g. soft frame with band holding/fixing glasses to player's head. **If this is not in place the player will not be allowed to play with regular unsecured glasses.**

### IHF RULE 4:9

Examples	Decision	Comments
  	<p><b>Permitted</b></p>	<p>Sport glasses and goggles with <b>special sports headbands, solid plastic lenses, and temples made of silicon or other elastic materials</b> are allowed.</p>
	<p><b>Not permitted</b></p>	<p>Sport glasses and goggles with <b>rigid temples</b> are not allowed.</p>

The players must wear sports shoes, it is not permitted to wear objects that could be dangerous to the players or give players improper advantages. This includes, for instance, head protection, face masks, gloves, bracelets, watches, rings, visible piercing, necklaces or chains, earrings, glasses without restraining bands or with solid frames, or any other objects which could be dangerous (17:3). 

## The England Handball Association

The Halliwell Jones Stadium · Winwick Road · Warrington · WA2 7NE

**E** handball@englandhandball.com **T** 01925 246 482



## Competition Format

- Round Robin Tournament: Matches should be min 10 minutes straight through with a 5-minute break between matches. Top 2 teams play in final to decide winners and placement matches where appropriate.
- Where more than one court is running matches can be run on central time.
- One referee is required on court - this can be a teacher/leader or qualified handball referee. Where possible 2 referees should be used.
- The referee is responsible for scorekeeping and the ultimate running of the game, the table officials are the ones who show the score and keep time. The referee and table officials should work in unison to ensure a smooth running game.

## Age Group Defensive Rules

### INDIVIUDAL MARKING

Teams are not allowed to individually mark a single opposition player. If one player man marks then the rest of the team must implement a man-to-man defence.

### DEFENSIVE FORMATION

Teams must defend in 2 lines: Clarification – Teams are not allowed all their players around the goalkeeper area in a 6:0 defence.

### Point system

- 3 points will be awarded for a win, 2 points for a draw and 1 point for a loss.
- In the event of a tie in any league table positions winners will be decided by
  1. Head to Head result
  2. Goal Difference
  3. Goals Scored

## The England Handball Association

The Halliwell Jones Stadium · Winwick Road · Warrington · WA2 7NE

**E** handball@englandhandball.com **T** 01925 246 482



## Extra Time/Penalties

In any play-off games/final a tie at full-time will result

5 minutes of extra time

If the game is still tied after extra-time, a change of ends is mandatory followed by:

5 minutes of extra time

If after this period the result is still tied, the game will go to penalties,

Each team will take five penalties, after five attempts with the score, penalties will go to sudden death

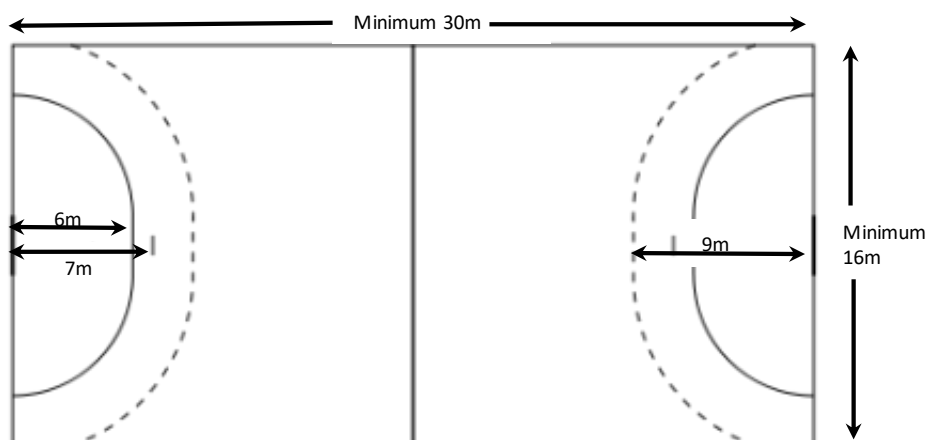
Every player must take a penalty only once, the whole team must shoot before a player who has already taken a penalty may shoot again, this includes the goalkeeper.

## Penalties

Players start at the half way line, and have 7 seconds to shoot from the whistle: 1 v 1 against the goalkeeper.

Normal rules apply, players may dribble, however there are no rebounds or 2<sup>nd</sup> attempts.

## Minimum playing area/markings:



## **The England Handball Association**

The Halliwell Jones Stadium · Winwick Road · Warrington · WA2 7NE

**E** [handball@englandhandball.com](mailto:handball@englandhandball.com) **T** 01925 246 482



- Minimum 30m x 16m (Max 40m by 20m) court with markings as above
- 3m x 2m goal at each end.
- Court can be temporarily marked using throw down markers or tape.
- Matches can be played indoors or outdoors.

## The England Handball Association

The Halliwell Jones Stadium · Winwick Road · Warrington · WA2 7NE

**E** handball@englandhandball.com **T** 01925 246 482



Allowed	Not Allowed	Consequence
Throw and catch the ball using hands and arms	Block or kick the ball using the feet	Free throw to the defending team
Pass the ball to a team mate	Hold the ball for more than 3 seconds	Free throw to the defending team
Bounce the ball with one hand and catch it again	Bounce the ball, catch it and bounce it again	Free throw to the defending team
Take a maximum of 3 steps before having to dribble or pass	Take more than 3 steps with the ball	Free throw to the defending team
Move outside of the goal areas	Enter the goal areas	Goalkeeper throw
Break through the defence	Charge the opponent or run into a defender	Free throw to the defending team
Pass the ball in order to create a scoring chance	Keep possession of the ball without creating a scoring chance	Free throw to the defending team

## Defenders

Use hands and arms to block the ball	Grab or hit the ball out of the hands of the attacking player	Free throw to the attacking team
Make frontal body contact with the attacking player	Hold the attacking player's body/shirt. Push, run or jump into them	Free throw/progressive punishment
Stay outside the goal area	Use the goal area as a defensive position	7m throw
Stay at least 3m from attacking player at a restart throw	Interfere with an attacking player during a restart throw	Free throw/progressive punishment

## Goalkeepers

Touch the ball with any part of the body inside the goal area	Take the ball into the goal area from outside the 6m line	Free throw to the attacking team
---	---	----------------------------------



**The England Handball Association**

The Halliwell Jones Stadium · Winwick Road · Warrington · WA2 7NE

**E** [handball@englandhandball.com](mailto:handball@englandhandball.com) **T** 01925 246 482



ENGLAND  
HANDBALL

Leave the goal without the ball and  
play as an outfield player

Leave the goal area with the ball

Free throw to the attacking  
team